



# the Parish of St. Dunstan

*on the traditional lands of the Sto:lo People*

Presider & Preacher: Rev. Clarence Li

January 25, 2026

*Fourth Sunday after the Epiphany*



# Welcome!

This is a diverse and safe congregation for people wherever they are on their journey with Christ. We are an inclusive church which means we celebrate women in leadership, children at the Eucharist and welcome 2SLGBTQ+ people to participate fully in the life of the community.

## This morning in worship...

### Gathering the Community

**What Does the Lord Require**, *Jim Strathdee*

Gathering Prayer

**God of Grace**, *CP 577*

Collect of the Day

### Proclaiming the Word

The Book of Micah (6:1-8)

**Psalms 15**

Paul's First Letter to the Corinthians (1:18-31)

**My Soul is Thirsting**, *Steve Angrisano*

The Gospel according to Matthew (5:1-12)

Sermon and the Affirmation of Faith

The Prayers of the People

Confession & Absolution,

The Peace & the Offering

**Beyond the Beauty & the Awe**, *Carl Daw Jr.*

### Holy Communion

**Take, O Take Me**, *John Bell*

**Make Me a Channel**, *Sebastian Temple*

**God is Calling**, *Mary Louise Bringle*

### Sending the Community

The Blessing

**Be Thou My Vision**, *CP 505*

### For Children

The children's table is open. If you are interested in helping grow this ministry, please talk to Rev. Li. All our volunteers and staff require a criminal record check.



### Taking Communion

Everyone is welcome to receive bread and wine (or juice) at communion. There are gluten-free wafers for those who need them. Prayers for healing with anointing are offered beneath the cross.

### Coffee Hour

Please join together for coffee and refreshment following the service.

# Ways to Donate

We offer a variety of ways to give financially to the parish including **offering envelopes**, **Pre-authorized Debit (PAD)**, **CanadaHelps** via the website, and **email transfers** to **office@st-dunstans.ca**

# Financial Update as of December

	<b>Month</b>	<b>Year to date</b>
<b>Income</b>	<b>47,067</b>	<b>297,721</b>
<b>Expenses</b>	<b>19,616</b>	<b>301,553</b>
<b>Excess/(Short)</b>	<b>27,451</b>	<b>(\$ 3,832)</b>

# Today's Scripture

## Micah 6

This passage reflects a society of the haves and have-nots. Many preferred outward religious observance to the divine call for justice, kindness and humility.

## 1 Corinthians 1

Paul reminds the Corinthians that in Christ the wisdom of God is fully expressed.

## Matthew 5

Jesus delivers the Beatitudes (the blessed) for all who aspire to live according to God's way.

# Next Sunday...

## Fifth Sunday after the Epiphany

**The Reverend Clarence Li** will be presiding the Reverend Paul Guiton will be preaching.

Readings: Isaiah 58:1-12; 1 Corinthians 2:1-12; Matthew 5:13-20

# ...Community Care at the Parish

## Community Care Team

Offers prayer, phone calls, visits, food support, and transportation assistance. Hand-knitted Prayer Shawls are also available for anyone wanting some comfort, warmth, and a reminder of care and support. Please call the Office or speak to the Rector if you would like to receive support.

## Listening Prayer

Prayer for those in crisis or need. For more information please connect with Lesley Wieler at [lesleywieler@gmail.com](mailto:lesleywieler@gmail.com).

## Reconciliation

The minister is available to hear confession by appointment.

# Weekly News or Events...

**Please return your Palm Cross(es) from last year** in the basket on the front table. They will be turned to ashes following the Shrove Tuesday Pancake Supper on February 17.



## **Notice of Annual Vestry Meeting from the Wardens**

St Dunstan's Annual Vestry Meeting will take place on **Sunday, February 22, 2026 at 10:45 am** following the 10 am service. Registration will begin at 9:30 am. All members of the parish are asked to attend this annual gathering where we look at our mission plan for the year, pass an operating budget to finance our ministries, and elect officers for the Parish Council.

This year Parish Council is offering an **additional Financial Information Meeting** one week before the Vestry on **February 15** following the service for parishioners who want to learn more and bring their questions about the proposed 2026 budget.

The 2025 Annual Report will be available online and for pick up in the week of February 8 to allow you time to read it over. Please bring it with you to the meeting. Everyone is invited to attend, but please note that only members sixteen years and older who have been actively involved in the parish for at least the past three months are eligible to vote at Vestry.

**2025 charitable donation receipt** for tax purposes will be emailed to you next week. If you did not provide us with an email, you may pick up your receipt on Sunday. If you have any questions regarding your receipt, please contact Sherry Wright by calling the office or sending an email to [office@st-dunstans.ca](mailto:office@st-dunstans.ca).

## **Nomination for the Order of the Diocese of New Westminster (ODNW)**

Nominations are now open for parish nominees to the Order of the Diocese of New Westminster (ODNW). Each parish can nominate one person to the Order. The Order was established to acknowledge lay members of the Diocese who have devoted themselves to outstanding volunteer ministry over a significant period of time. **Please contact the Rector or one of the Wardens** if you have someone you want to put forth as a parish nominee. The deadline for nominations is Thursday, April 30, 2026.

**Nominations open of 2026 Parish Council:** The Nomination Committee is seeking parishioners to serve the following positions:

- 4 Secretary (1), Delegate to Synod (1), Alternate Delegate to Synod (2), Member-at-Large (up to 2)

# This Week for Spiritual Refreshment...

**Compline** Wednesdays from 9:30-10pm online  
*A 15 minute service of Evening Prayer*

**Centering Prayer** Fridays at 11:30am, in person and online  
*20 minutes of silence and connection with God.*

**Lectio** Fridays, from Noon to 12:30pm, in person and online  
*A meditative prayer practice involving reading, reflecting, responding and resting with Scripture.*

**Contemplative Eucharist** Fridays, at 12:30pm in person  
*Celebrating the Lord's Supper in an intimate & reflective setting with simple chants & space to pray in silence.*

**Self-guided Labyrinth Walk** *The grass-path labyrinth is open to walk, anytime, for a time of meditation or prayer.*

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## Upcoming Parish Events

### Anglican 101

A 5-part introduction to the Anglican way of following Christ

Session 3: Sacraments in the Anglican Church  
Today, February 1, 12 noon - 1:30 pm  
St. Alban's Room



Anglican  
**101**

WHAT IN THE WORLD  
IS AN ANGLICAN?

### Valentines Spaghetti Dinner

Hosted by St. Dunstan's Choir

Saturday, February 7, 2026 5:30 pm  
St. Dunstan's Parish, Aldergrove



Tickets: Adult \$25 Children \$5 Available through the website or any Choir member.

## Events from



### Spirituality & Chronic Pain Expanding the Horizon

Saturday, February 7, 2026 10:00 am - 12:00 pm  
St. Dunstan's Parish, Aldergrove



So many of us go through life experiencing pain that limits and interferes with life as we imagine it should be. Coping with chronic pain can be exhausting and isolating. We continue our conversation and support in the many faces of pain - physical, mental, emotional, and of course, spiritual. We will also continue to talk about how we sustain relationships in the presence and limitations of pain. You don't need to have attended the earlier session, come as you are right now. Facilitated by Helen Tervo & Clarence Li

### Shrove Tuesday - Feasting into Fasting

February 17, 5:30 - 7:30 pm

Join us for a Shrove Tuesday celebration with delicious pancakes, community around tables, and a time to connect with God, as we prepare our hearts for the season of Lent. **Admission by donations** to the Centre. Register on the parish website or at the sign up desk



### Holy Play - Creating your own Prayer Cards

Saturday, February 21, 2026 10 am - 1:30 pm  
St. Alban's Room

Create your own prayer cards (or inspiration cards, if you prefer) featuring images and quotes that meant something to you. All materials will be provided. Fee: \$20  
Facilitated by Rev. April Stanley



# Lenten Book Study

## Read the Bible like a Mystic

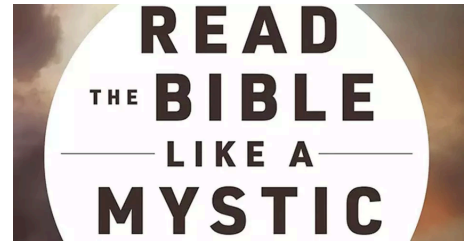
Sundays, March 1, 8, 15, 22, 29 & April 12

12 noon - 1 pm

St. Alban's Room

6-part group study on Carl McColman's *Read the Bible like a Mystic: Contemplative Wisdom and the Word* (2025). The study will give tools that will help eliminate the misuse of the scriptures as a divisive weapon instead of being a book about love.

Facilitated by Rev. David Price



## Outreach at the Parish...

### **Monday Fraser River Counselling at St. Dunstan's**

*Low-cost counseling from Trinity Western University. To connect with an intake worker call 604-513-2113.*

### **Tuesday Aldergrove Food Bank Soup Kitchen**

*We cook and serve soup on the 2nd and 4th Tuesday of each month. Please call Ann Embra at 604-534-9292 to help.*

### **Thursday Community Meal 5pm.**

*Many thanks to our amazing volunteers for ensuring our Community Meal continued through the summer months. This meal is at the heart of our ministry at the Parish of St. Dunstan. It is our primary way to ensure that the hungry are fed and so to exemplify the love of God through Jesus. If you would like to help with this ministry, please connect with the minister.*



For more information, please visit [ALONGSIDEHOPE.ORG](https://ALONGSIDEHOPE.ORG). There you can read all about the good work it does, current areas of need, and how you can participate.

# Weekly Devotions

Follow the Daily Office Lectionary in the Book of Alternative Services for your devotions beginning on page 47 or 66. If you do not have a Book of Alternative Services, ask the minister and they will gift you one.

**Opening Prayer** Pray responsory 4 on page 103.

## Readings

*Monday* Genesis 19:1-29, Hebrews 11:1-12, John 6:27-40

*Tuesday* Genesis 21:1-21, Hebrews 11:13-22, John 6:41-51

*Wednesday* Genesis 22:1-18, Hebrews 11:23-31, John 6:52-59

*Thursday* Genesis 23:1-20, Hebrews 11:32-12:2, John 6:60-71

*Friday* Genesis 24:1-27, Hebrews 12:3-11, John 7:1-13

*Saturday* :Genesis 24:28-38, 49-51, Hebrews 12:12-29, John 7:14-36

**Prayer** Litany 9 or 10 on pages 117 and 118.

**Prayer 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 Lord's Prayer



a parish of the  
Anglican Diocese of New Westminster

Office Hours: Tuesday, Wednesday & Friday 8:30 to noon

*Rector:* The Rev. Clarence Li    [rector@st-dunstans.ca](mailto:rector@st-dunstans.ca)

*Administrator:* Sherry Wright    [office@st-dunstans.ca](mailto:office@st-dunstans.ca)

*Music Director:* Carol Tindall    [music@st-dunstans.ca](mailto:music@st-dunstans.ca)

*Rector's Warden:* Janette Kovacs    *People's Warden:* Jacqui Pesek

*Treasurer:* Peter Wolfe

3025-264 Street, Aldergrove, B.C. V4W 2W4  
604-856-5393

ST-DUNSTANS.CA



The Parish of St. Dunstan, Aldergrove