

FIFTH SUNDAY AFTER THE EPIPHANY



*You are here to be salt -
seasoning that brings
out the God-flavours of
this earth.*

February 8, 2026
10:30 am

"I really only love God as much as I love the person
I love the least."

- Dorothy Day, The Long Loneliness (1952)

Note: We are a Scent Free Facility for the health and comfort of those with allergies. Thank you for helping us care for one another.

All are warmly welcomed to our worship.

We ask visitors to introduce themselves and to join us for social hour after the service.

Kids Church is offered during the 10:30 am service.

The children will leave for age appropriate activities part way through. Children are also welcome to stay at the activity table.

Welcome, Introduction & Invitation to Stillness

The Presider welcomes the congregation

Presider We acknowledge with gratitude that we live and worship on the traditional, ancestral, and unceded lands of the k^wik^wə^łəm (Kwikwetlem) First Nation, shared historically with the q̓i^{c̓}əy̓ (Katzie) and other Coast Salish Peoples.

We give thanks for their care of the land, waters and creatures through the generations, and we commit ourselves to walk gently upon this earth and to live as good neighbours.

The Presider invites the congregation to settle into stillness.

Opening Acclamation

Presider Arise, shine, for your light has come!

All The glory of the Lord has risen upon us.

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

All And also with you.

Gathering Hymn - *You Are the Salt For the Earth* (CP 502)

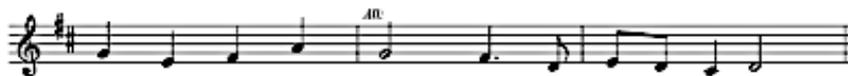
Verses



1. You are salt for the earth, O peo - ple:
2. You are a light on the hill, O peo - ple:
3. You are a seed of the Word, O peo - ple:
4. We are a blest and a pil - grim peo - ple:



Salt for the King-dom of God!	Share the fla - vor of
Light for the Cit - y of God!	Shine so ho - ly and
Bring forth the King-dom of God!	Seeds of mer - cy and
Bound for the King-dom of God!	Love our jour - ney and



life, O peo - ple:	Life in the King-dom of God!
bright, O peo - ple:	Shine for the King-dom of God!
seeds of jus - tice,	Grow in the King-dom of God!
love our home - land:	Love is the King-dom of God!

Refrain



Bring forth the King-dom of mer - cy, Bring forth the



King-dom of peace; Bring forth the King-dom of jus - tice,



Bring forth the Cit - y of God!

Words: Paraphrased by Marty Haugen Music: Bring Forth, Marty Haugen, copyright 1986 G.I.A. Publication, Inc.

Presider God is with us,
here in our midst and always,
the love at our beginning and without end.
Let us pray.

Silence is kept.

Holy One,
**All you know our hearts: our hopes and fears,
our joys and sorrows, all our daily challenges.
In your mercy, help us. By your Spirit,
inspire and deepen your love in us.
We pray in the name of Jesus. Amen.**

Collect of the Day *(the special prayer which 'collects' the
theme of the day)*

Presider God of light,
you call your people to shine in the darkness:
where our light has grown dim, rekindle our fire.
Where we have hidden our lamp,
give us courage to let it shine.
Help us to illuminate the world,
not for our own glory but for yours; through Jesus Christ,
the light no darkness can overcome. **Amen.**

Gathering of Children

Children and their leaders are invited to come forward for a prayer before heading to Kids Church. They will rejoin us in time for Communion. If your child prefers to stay in the service, they are welcome here, and activities are available at the table, at the rear of the sanctuary.

Presider Loving God,
**All we pray for open hearts and minds.
Help us to grow in faith, love, and understanding,
and may your love unite us, now and always. Amen.**

(Children leave for Kids Church)

Gloria - *Glory to God - Mass of Renewal*

Glory to God in the highest
and on earth peace to people of good will

We praise you, we bless you, we adore you, we glorify you,
We give you thanks for your great glory,
Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son
Lord God, Lamb of God, Son of the Father
You take away the sins of the world, have mercy on us;
You take away the sins of the world, receive our prayer;
You are seated at the right hand of the Father
Have mercy on us

For You alone are the Holy One, you alone are the Lord
You alone are the Most High, Jesus Christ,
With the Holy Spirit, in the glory of God the Father
Amen, Amen

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Proclamation of the Word

The Readings

Presider Let us prepare ourselves for the Word of God as it comes
to us through the reading of the Holy Scriptures.

All Our hearts and minds are open.

First Reading - *Isaiah 58:1-12*

Reader Hear what the Spirit is saying.

All Thanks be to God.

Psalm - *Psalm 112*



1. Happy are they who fear God
and have great delight in the commandments of the Holy One!
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. **Refrain**

2. 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. **Refrain**

3. 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 God. **Refrain**

4. 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. **Refrain**

5. The wicked will see it and be angry;
they will gnash their teeth and pine away;
the desires of the wicked will perish. **Refrain**

Second Reading - *1 Corinthians 2:1-12*

Reader Hear what the Spirit is saying

All **Thanks be to God**

Please stand as you are able for the Gospel Reading

Gospel Acclamation - *Alleluia*



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

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

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

Gospel – *Matthew 5:13-20*

Reader The Gospel of Christ.

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

Homily - *Rev. Philip Cochrane*

Affirming Our Faith

Presider In this season of light, we declare the faith that holds us.

**All We believe in God, the Source of Life,
by whom every being in heaven and earth
is created, named, and sustained.**

**We believe in God, the Living Word,
who restores us to relationship
and speaks to us through faith.**

**We believe in God, the Holy Spirit,
who comforts, guides, and strengthens us
to share the good news of grace.**

**We believe in God,
one, holy, undivided Trinity:
Source of Life, Living Word,
Comforter: Mystery. Amen.**

Prayers of the People

Confession & Absolution

Presider Let us confess our sins:
the ways we have failed to love God,
to love our neighbours, and to honour the
belovedness of our own lives.

We keep a moment of quiet for reflection

Prisider Most merciful God,

**All 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.**

Prisider Almighty God have mercy on you,
forgive you all your sins through the grace of Jesus Christ,
strengthen you in all goodness,
and by the power of the Holy Spirit keep you in eternal life.
Amen.

The Peace

Prisider Christ is our light, gathering us in peace.
The peace of Christ be with you.

All And also with you.

(The Peace is shared in the community, respecting personal boundaries)

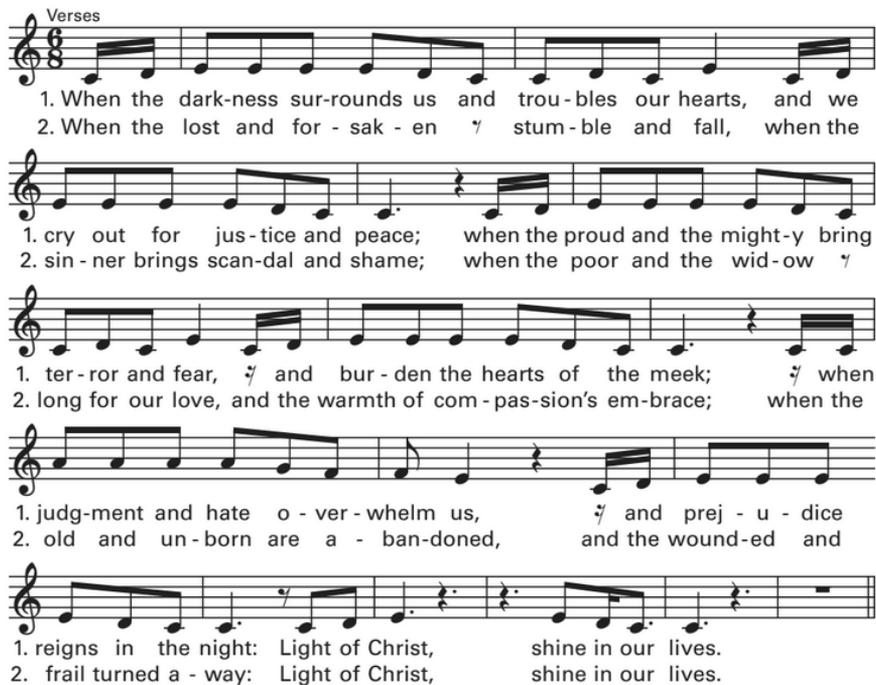
Offertory

*In gratitude for all we've received, we offer of ourselves back to God.
Bread, wine, and money symbolize the fruits of our labour.
If you give through Pre-Authorized Donations or e-transfer
(office@saintlaurence.ca), you're welcome to use a blue card to
represent your offering to the glory of God.*



Offertory Hymn - *Christ, Shine in Our Lives* (OCP 861)

Verses



1. When the dark-ness sur-rounds us and trou-bles our hearts, and we
 2. When the lost and for - sak - en γ stum - ble and fall, when the

1. cry out for jus - tice and peace; when the proud and the might - y bring
 2. sin - ner brings scan - dal and shame; when the poor and the wid - ow γ

1. ter - ror and fear, γ and bur - den the hearts of the meek; γ when
 2. long for our love, and the warmth of com - pas - sion's em - brace; when the

1. judg - ment and hate o - ver - whelm us, γ and prej - u - dice
 2. old and un - born are a - ban - doned, and the wound - ed and

1. reigns in the night: Light of Christ, shine in our lives.
 2. frail turned a - way: Light of Christ, shine in our lives.

Refrain



Christ, be our light. Christ, be our guide. Shine in your
 church, shine in our lives. Dis - pel the dark - ness with your
 light. Shine, shine in our lives!

1: to Verse 2
 2: to Bridge

Bridge

In the dark of the night, we will walk by your love, by your light,
 with the flame of our faith as our guide.
 In the stillness, we wait for your word and the gift of your grace.
 Speak to our hearts and our minds.
 Christ, be our light. Christ, be our guide.
 Shine in your church, shine in our lives. **Refrain**

Prayer over the Gifts

Presider God of light,

**All we bring our gifts with grateful hearts.
Bless these gifts and the offering of our lives,
and send us to share your light. Amen.**

Celebration of our Sacred Meal

The Great Thanksgiving

Presider God is with you.

All And also with you.

Presider Lift up your hearts.

All We lift them up to God.

Presider Let us give thanks to God our Creator.

All We give our thanks and praise.

Presider Creator, you made our world - beautiful and good.
You made us to live in right relationship with you
and all creation. You sent Jesus to live among us
and show us what you are like.

We give all thanks and praise to you, our true
and loving God. You laid the foundations of the earth
and enclosed the seas. You brought forth all creatures
and gave breath to humankind.

Wondrous are you, Holy One.

All you create is a sign of hope for our journey.
And so, we join with the heavenly beings
and all of creation as we sing:

Sanctus - Holy - Mass of Renewal

Ho - ly, Ho - ly, Ho - ly Lord God of hosts. Heav-en and
earth are full of your glo - ry. Ho-san-na in the high - est.
Bless-ed is he who comes in the name of the Lord. Ho-
san-na in the high-est. Ho-san-na in the high - est.

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Presider Glory and honour are yours, Creator of all,
your Word has never been silent.

Of your grace, you sent Jesus to be human,
to share our life,
to proclaim the coming of your holy reign,
and to give himself for us.

Through Jesus Christ you have reconciled us to you
and restored the glory you intended for us.

On the night before he died, Jesus ate supper with his friends. He took bread, gave thanks, broke it, and gave it to them, saying:

“Take and eat. This is my very self given for you. Do this for the remembrance of me.”

Then he took the cup of wine, again he gave thanks, and gave it to them, saying:

“Drink it all of you. This cup is a new covenant poured out for you and all people. Do this for the remembrance of me.”

And so, we remember: the cross, the tomb, the resurrection and ascension, and, longing for Christ’s coming again in glory, we present these gifts to you.

Send your Holy Spirit upon us and upon these gifts, so that we who share this bread and wine may be a people of hope, justice and love.

Draw us together in Christ, and, in the fullness of time, gather us with all your people into the joy of your eternal home.

Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator and give you our unending praise. **Amen.**

Lord's Prayer

Our Fa-ther, who art in heav-en, hal-low-ed be
thy name; thy king-dom come; thy will be done on
earth as it is in heav-en. Give us this day our
dai - ly bread; and for-give us as we for-give
oth-ers; and lead us not in - to temp - ta - tion,
but de - liv - er us from e - vil.
For the king - dom and the pow - er and the
glo - ry are yours for - ev - er. A - men.

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The Breaking of the Bread

The celebrant breaks the consecrated bread.

Presider We break this bread to share in the body of Christ.

All **Though we are many, we are one body, sharing the light.**

Lamb of God - Christmas Carol Mass

Lamb of God, you take a-way the sins of the world, have mer - cy,
have mer - cy on us. world, grant us, grant us peace.

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The Invitation

Presider This is the table of the Lord, spread for all who seek.
You do not need to be certain, only curious.
You do not need to be whole, only hungry.
Come, be fed for the journey

Presider The gifts of God for the people of God.
All **Thanks be to God.**

The Distribution

At St. Laurence, everyone is invited to the table. You may receive only the bread or both bread and wine. Non-fermented grape juice is available in the ceramic chalice, and gluten-free wafers are offered, just ask at the distribution. If you prefer a blessing, simply cross your arms across your chest.

Communion Hymn - *Come, Follow Me* (OCP 140)

Refrain



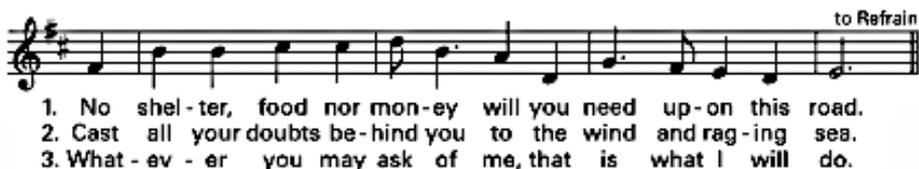
Come, fol - low me and live; do not be a - fraid. Be -
lieve and trust in me; your faith will give you strength. Leave
all your fears be - hind you; let your heart be free, for
I will be your guide. Oh, come and fol - low me.

Verses



1. Come, fol - low in these foot-steps; I'll lead you gent - ly home.
2. Come, walk a - cross the wa - ter; place all your faith in me.
3. If you re-main with - in me, my words re-main in you.

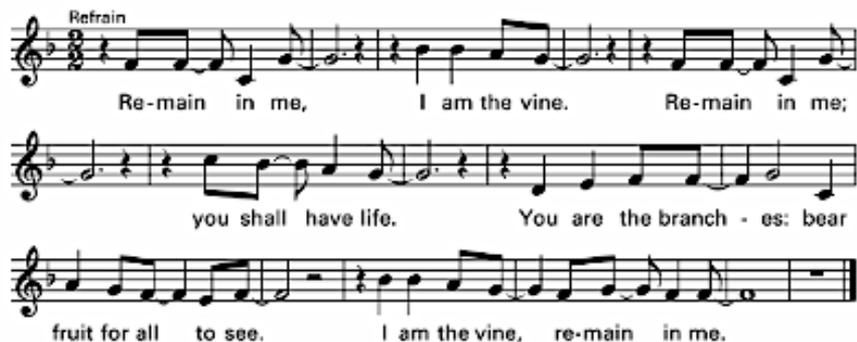
to Refrain



1. No shel - ter, food nor mon - ey will you need up - on this road.
2. Cast all your doubts be - hind you to the wind and rag - ing sea.
3. What - ev - er you may ask of me, that is what I will do.

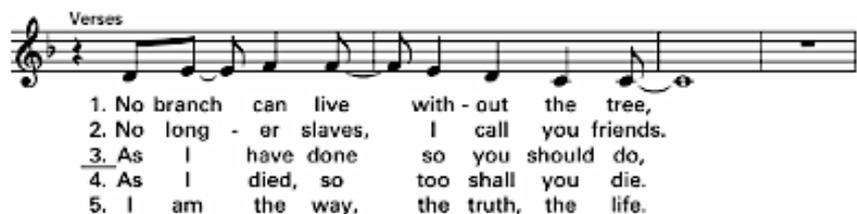
Communion Hymn - *Remain in Me* (OCP)

Refrain

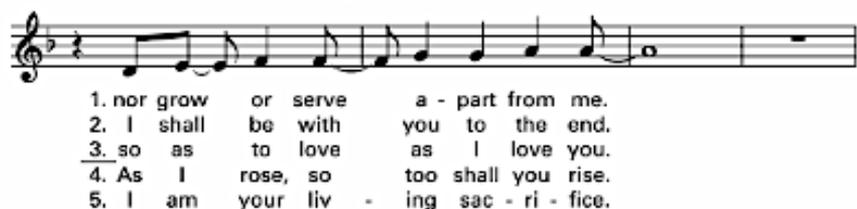


Re-main in me, I am the vine. Re-main in me;
you shall have life. You are the branch - es: bear
fruit for all to see. I am the vine, re-main in me.

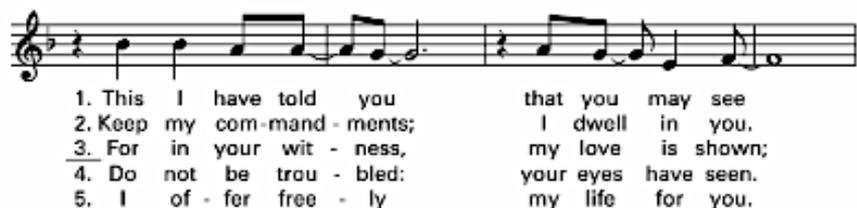
Verses



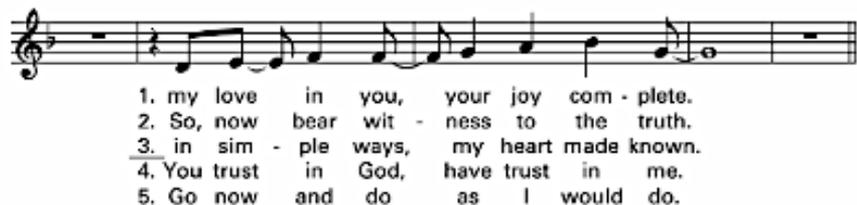
1. No branch can live with - out the tree,
2. No long - er slaves, I call you friends.
3. As I have done so you should do,
4. As I died, so too shall you die.
5. I am the way, the truth, the life.



1. nor grow or serve a - part from me.
2. I shall be with you to the end.
3. so as to love as I love you.
4. As I rose, so too shall you rise.
5. I am your liv - ing sac - ri - fice.



1. This I have told you that you may see
2. Keep my com - mand - ments; I dwell in you.
3. For in your wit - ness, my love is shown;
4. Do not be trou - bled: your eyes have seen.
5. I of - fer free - ly my life for you.



1. my love in you, your joy com - plete.
2. So, now bear wit - ness to the truth.
3. in sim - ple ways, my heart made known.
4. You trust in God, have trust in me.
5. Go now and do as I would do.

Moment of Silence

Take a moment to be still and know God. Let the world's noise fade as you listen for the deep stillness beneath it all. The silence begins and ends with the ringing of a bell.

Prayer after Communion

Presider God of light,

**All you have fed us and shown us your glory
in Jesus Christ.**

Send us out to share your light with the world.

**We ask this in the name of Jesus,
the light of the world. 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
for ever and ever. Amen.**

Announcements

The Blessing

Presider May Christ, the light of the world, shine in your hearts.

May God illuminate your path.

May the Holy Spirit empower you to share that light.

And the blessing of God-

Creator, Redeemer, and Giver of Life-

be with you this day and always. **Amen.**

Closing Hymn - *Go Make a Difference* (OCP 210)

Refrain

Go make a dif - f'rence. We can make a dif -

- f'rence. Go make a dif - f'rence in the world.

Go make a dif - f'rence. We can make a dif -

- f'rence. Go make a dif - f'rence in the world.

Verses

1. We are the salt of the earth, called to let the peo - ple
 2. We are the hands of ___ Christ reach - ing out to those in
 3. So let your love shine _ on, let it shine for all to

1. see ___ the love of ___ God in you and me. ___
 2. need, ___ the face of ___ God for all to see. ___
 3. see. ___ ? Go make a dif - f'rence in the world. ___

1. ___ We are the light of the world, _ not to be hid - den but be
 2. ___ We are the spir - it of hope; ___ ? we are the voice of
 3. ___ And the spir - it of Christ ___ will be with us as we

1. seen. Go make a dif - f'rence in the world.
 2. peace. Go make a dif - f'rence in the world.
 3. go. Go make a dif - f'rence in the world.

to Refrain

Text: Based on Matthew 5:13-16. Text and music © 1997, Steve Angrisano and Thomas N. Tomaszek. Published by Spirit & Song®, a division of OCP. All rights reserved.

Minister Go in peace, sharing the light with the world.

All Thanks be to God.

Altar Flowers:

“Pause and find the Blessings in each day”



Acknowledgements

cover - ""You are here to be salt -seasoning that brings out the God-flavours of this earth."
(Matthew 5.13, The Message)

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Rector: The Reverend Philip Cochrane

Deacon: The Reverend Patricia Ratcliffe

Honorary: The Reverend Carla McGhie

Music Director: Emilia Boronco

Wardens: Lei De Santis, Rick Barr, Heather Esposito

Trustees: Mitch Dodd, Brian Corbould, Detlef Beck,

Anne Dennis, Susanne Stockdill

Family & Youth Leader: Jason Wood

St. Laurence Kids: Jason Wood

Treasurer: Mori Mortezaei

Envelope Secretary: Larry Hoad

Privacy Officer: Allison Walker

Operations Manager: Curt Bruniski

Office Hours:

10:00am-3:00pm (drop-in)

Monday - Friday

www.saintlaurence.ca ▪ 604-936-5423 ▪ office@saintlaurence.ca

825 St. Laurence St. Coquitlam, BC V3J 6G7

NEWS & NOTES

Wednesday Morning Gathering - 9:00 am

From silence to laughter, scripture to table - wrestling with faith, in good company.

Join us midweek for Communion, scripture, and honest conversation. A safe space to share questions, explore diverse perspectives, and deepen fellowship. Start your day nourished in spirit and community.

Vestry Annual Report books are available for pick up in both Narthexes.

Please take one per family.

The Report Book is also available on our website in the Members Access link.

Sunday, February 15, 2026

following the 10:30 am service

Pre-Vestry Finance Discussion

If you would like have the opportunity to discuss the financial report for 2025 and hear a more detailed presentation of the finances, please join us after the 10:30 am service next Sunday

Sunday, February 22, 2026

-there will be ONE SERVICE at 10:00 am

Vestry - February 22, 2026 - *following the service in the Sanctuary*

Book Club

The Book Club meets from 2:00-4:00 pm
at the church or on Zoom
Next Meeting - February 10, 2026



New members are always welcome!.

Contact the church office if you are not on the Book Club list and would like to be included

Senior Men's Lunch

Next date: Thursday, February 19, 2026
11:30 - 1:00 pm



The senior men meet once a month at
Ricky's Country Restaurant,
100 Schoolhouse Street
for good food and conversation.

In order for the restaurant to know how many to expect for the lunch, please contact Bruce Middleton, or the church office @ 604-936-5423 or office@saintlaurence.ca if you are planning on attending.

IgnYte

Fri, Feb 6 ignYte @ St. L 7:00-9:00
Fri, Feb 13-15: Love is Kind DYM Youth Retreat
Fri, Feb 20 ignYte @ St. L 7:00-9:00



ignYte is the shared youth ministry of St. Laurence and Good Shepherd Lutheran. We welcome kids grade 7-12 from across the Tri-Cities and beyond.

Rachel, Darya and Abbey



Phoenix Friends
Tuesday, February 17, 2025
1:30 - 3:00 pm
at St. Laurence Church

ALL WOMEN are welcome.

Guest Speaker - Chris Longley speaking on
Genealogy & Family History

Come join us for a fun and meaningful time of fellowship
and friendship.

Parish Community Events

Events that are planned for community building
and enjoyment are an important part of the life of a parish.

In the past at St. Laurence, we have enjoyed
barbeques, Easter Sunday lunches, hoe-downs, chilli and
pie making contests, trivia nights and movie nights.
All events planned for participation by people of all ages.

We would like to host more of these events and are looking
for people to help –
with the planning and implementation.

If you are interested, please speak with Erin Barr
or contact Curt in the office. (office@saintlaurence.ca)
We will begin with an initial planning session
to brainstorm ideas.



2026 St. Laurence Women's Retreat Registration
Friday, March 20th - Sunday, March 22nd
Loon Lake Lodge and Retreat Centre
Maple Ridge, BC

Link for registration on the church website
www.saintlaurence.ca

Hope and Strength in Unsettling Times

It is God's gift to us that we long to live peaceably and purposefully in all times.

Through Scripture, Wisdom stories, and our own experiences we will seek the grace, vision, insights, even joy to nourish the stability of our souls in the midst of all that troubles us now

Come spend a wonderful weekend in a beautiful and relaxed environment. This retreat is an opportunity to reconnect with ourselves, find community in each other, and enjoy great food, with time for reflection, fun and laughter.

*This year we will be joined by the **Rev Joanne Epply-Schmidt**. She has served in ordained ministry for 35 years, more recently as Interim Priest in Charge of Saint Laurence. She is a Storyteller and Teaching Artist and retreat leader. This is a women's event, so feel free to invite a friend, sister, mother - any woman you would like to share a retreat experience with.*