



Epiphany 4

28 January | 2024 | 11.30am

The Rev. Canon Dr. Penny Anderson - Rector

The Rev. David Montgomery - Pastoral Associate

Andy Elmhirst - Director of Music

Carrie Ford-Jones - Director of Children's & Youth Ministry

Welcome to St. Christopher's

Thank you for being with us this morning! We hope that this will be a meaningful time of worship for you! Please be assured that we are continuously evaluating and adapting our liturgical customs and hygiene practices to protect the health and safety of all.

About the Service

Everything you need for the service can be found in this booklet and large print copies are also available. You may take this service bulletin home with you or discard it in the blue box as you exit.

Children & Families

Please enjoy being together throughout the service. Programming for children, 0-3 years (Grannie's Place) takes place at 9.30am. Children aged 4+ meet in the preschool room during the 9.30am service with Carrie Ford-Jones. Should you require assistance at any time during the service, please let one of the greeters know and they will be happy to assist you.

Audio Loop

If you use a hearing aid with a "T" setting, you can take advantage of our audio loop in the main section (Nave) of the church.

"Collection"

We don't pass the collection plate at St. Christopher's. Instead, if you wish to make a financial contribution to support our ministries, there are donation boxes just inside the door into the worship space.

Communion

All are invited to share in the Holy Eucharist.

General COVID-19 Protocols

Mask use is not required. As always, if you are feeling unwell please stay home.

We encourage you to sanitize your hands frequently and there is sanitizer in many places throughout the church.

You may signal your preference to share the Peace in a distanced manner by crossing your arms over your chest, or by raising your hands, palms together. We ask you to check with your neighbours before making physical contact at the Peace.

Blessings

None of us comes to church by accident and each of us brings the rest of our lives with us. No matter what joys, burdens or dilemmas you bring with you today, we pray that this time will be a gift to you; that God's grace will touch you with hope and energy to live your life with greater depth, integrity, compassion, and courage.

Canon Penny Anderson



Epiphany 4

11.30 am

Welcome!

Canon Penny

You belong here!
Everyone is welcome at the table.
No fussy rules.
No exceptions.

Gathering Prayer

Song: Heavy

Birdtalker

If you're lost and lonely
Go and figure out why
Take a trip to your dark side
Go on and have a good cry
Cause we're all lonely
Yeah we're all lonely
Together

I want to see your sadness
I want to share your sins
I want to bleed your blood and
I want to be let in
Don't you just,
Don't we all just
Want to be together

[Refrain]

*Leave what's heavy
What's heavy behind
Leave what's heavy
What's heavy behind*

If your face is down
Take a look around
Do your fingers move?
Do your lungs inflate?
Are you tired are you weary
Of the hidden hate you've been holding?
Did you lose that love?
Or have you never had it?
Are you feeling sad cause you did a bad thing?

[Refrain]

Are you feeling fearful brother?
Are you feeling fearful sister?
Only way to lose that fearful feeling
Replace it with love that's healing
Are you feeling fearful brother?
Are you feeling fearful sister?
[Refrain]

Listening for God

A Reading from the Gospel of Mark (1:21-28)

They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, 'What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.' But Jesus rebuked him, saying, 'Be silent, and come out of him!' And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, 'What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.' At once his fame began to spread throughout the surrounding region of Galilee.

At the conclusion of the Gospel, the reader says,

<i>Reader</i>	Holy Word. Holy Wisdom.
<i>All</i>	Thanks be to God.

Homily

The Rev David Montgomery

Silence for Reflection

Song: Gravity

Sarah Bareilles

Something always brings me back to you
It never takes too long
No matter what I say or do
I'll still feel you here 'till the moment I'm gone

You hold me without touch
You keep me without chains
I never wanted anything so much
than to drown in your love
And not feel your reign

[Refrain]

Set me free, leave me be

I don't want to fall another moment into your gravity

Here I am, and I stand

So tall, just the way I'm supposed to be

But you're on to me and all over me

Oh, you loved me 'cause I'm fragile

When I thought that I was strong

But you touch me for a little while

And all my fragile strength is gone

[Refrain]

I live here on my knees as I try to make you see

That you're everything I think I need here on the ground

But you're neither friend nor foe

Though I can't seem to let you go

The one thing that I still know is that you're keeping me down

You're keeping me down,

You're on to me, on to me, and all over

Something always brings me back to you

It never takes too long

The Prayers of the People

Please add your own prayers, ending with,

One

God is good,

All

Thanks be to God.

or

One

God of love,

All

Hear our prayer.

The Peace

We pray for blessings, we pray for peace
Comfort for family, protection while we sleep
We pray for healing, for prosperity
We pray for your mighty hand to ease our suffering
And all the while, you hear each spoken need
Yet love us way too much to give us lesser things

[Refrain]

*'Cause what if your blessings come through rain drops
What if your healing comes through tears
What if a thousand sleepless nights
are what it takes to know you're near
What if trials of this life are Your mercies in disguise*

We pray for wisdom, your voice to hear
We cry in anger when we cannot feel You near
We doubt your goodness, we doubt your love
As if every promise from your word is not enough
And all the while, you hear each desperate plea
And long that we'd have faith to believe

[Refrain]

When friends betray us
When darkness seems to win
We know that pain reminds this heart
That this is not,
This is not our home
It's not our home

*'Cause what if your blessings come through rain drops
What if your healing comes through tears
What if a thousand sleepless nights
are what it takes to know you're near*

What if my greatest disappointments or the aching of this life
Is the revealing of a greater thirst this world can't satisfy
What if trials of this life
The rain, the storms, the hardest nights
Are your mercies in disguise

Prayer over the Bread and Wine

The Great Thanksgiving

Presider May God be with you.
All **And also with you.**

Presider Lift up your hearts.
All **We lift them to the living God.**

Presider Let us give thanks to the God of the universe.
All **It is right to give our thanks and praise.**

The eucharistic prayer is spoken in the moment.

All **Holy, holy, holy,
God of power and might,
Heaven and earth are full of your glory.
Hosanna in the highest.**

**Blessed is the One who comes in God's name.
Hosanna in the highest.**

The eucharistic prayer continues.

All **Amen.**

Presider We pray as Jesus taught us:
All **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.**

Sharing Bread and Wine

As we serve one another:

All **The body of Christ
The blood of Christ**

Communion Music: Prelude no. 15

Frydryk Chopin (1810-1849)

Prayer After Communion

Song: Rainbow

Casey Musgraves

When it rains, it pours
But you didn't even notice
It ain't rainin' anymore
It's hard to dream when all you know is
The struggle of stayin' above
The rising water line

[Refrain]

*Well the sky has finally opened
The rain and wind stop blowin'
But your stuck out in the same old storm again
You hold tight to your umbrella
Darlin' I'm just tryin' to tell ya
That's there's always been a rainbow
Hanging over your head*

If you could see what I see
You'd be blinded by the colours
Yellow, red, orange and green
And at least a million others
So tie up the boat, take off your coat
And take a look around

[Refrain]

Oh tie up the boat,
take off you coat,
And take a look around
Everything is alright now
[Refrain]

Postlude: Sunny Side of the Street

Jimmy McHugh

On the Cover

Woven by artist Konrad von Friesach around 1450, this tapestry from the Cathedral of Gurk in Austria depicts Jesus casting out the unclean Spirit. Photo by Padre Josef.

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Thought for the Month

“Darkness cannot drive out darkness, only light can do that.
Hate cannot drive out hate, only love can do that.”

Martin Luther King, Jr.



We are a dynamic, inclusive, diverse community
rooted in the life-giving, life-affirming, life-changing love of God
reaching beyond ourselves
caring for creation
making a difference with others.

662 Guelph Line, Burlington ON L7R 3M8
905.634.1809 | www.stcb.ca | staff@stcb.ca