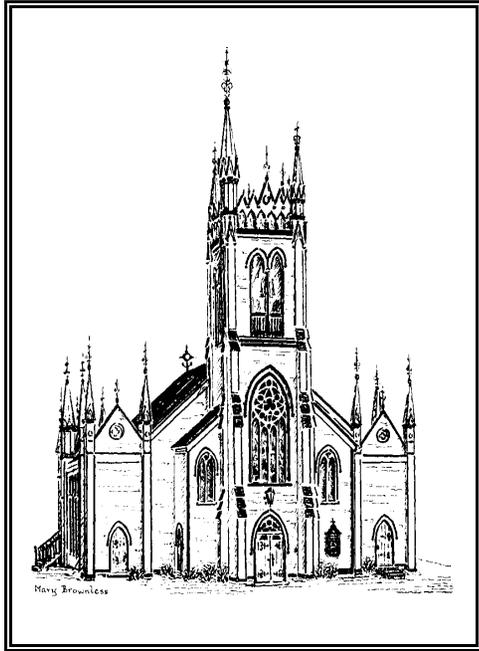


Fifth Sunday after Epiphany February 4, 2018



# St. John's Anglican Church

Lunenburg, Nova Scotia

Priest-in-Charge: Reverend Alvin Westgate  
Organist & Choir Director: Barbara Butler

*To all who mourn or need comfort,  
To all who are weary and need rest,  
To all who seek friendship,  
To all who desire to grow in relationship with God  
To all who yearn to pray,  
To all who need a Saviour, And to all whoever will worship,  
This Church of St. John's opens wide its doors  
and in the name of Christ our Lord, says - WELCOME.*

## Alvin's Message

Welcome to the Church of Saint John



Saint Mark 1:21-39 is a day in the life of Jesus at Capernaum. In the midst of Jesus' work of teaching and healing, on a Sabbath day, he finds it necessary to escape to a lonely place to pray and talk to His Father. Most of us live very busy lives. As a result, we may be spiritually and physically impoverished.

Today's Holy Gospel story shows us how, in the midst of all His work, Jesus took the time to pray. Throughout the Gospel of Saint Mark we will see how Jesus found the time to pray in quiet places. It was during these hours of solitude that Jesus maintained and fostered the most important thing in His life - His relationship with the Father. This shows us the secret into Jesus' successful ministry of salvation.

Today as we enter into the celebration of The Holy Eucharist, we are provided with a great opportunity to find a quiet space in our busy lives and to take the time to be with the Lord. *Fr. Alvin*

### LAY MINISTERS TODAY

Lay Readers: 8:30 am Barbara Eisenhauer  
10:30 am Roger Demone, Robert MacMillan  
Lectors: 8:30 am Sandra Jordan, Ed Jordan  
10:30 am Sheila Morris, Hazel Oliver  
Sidespersons: 10:30 am Ann Grandy, Carolyn White  
Server: Aisling Curtin

### NEXT SUNDAY FEBRUARY 11th

Lay Readers: 8:30 am Barbara Eisenhauer  
10:30 am Heather Hyson, Kevin Skinner  
Lectors: 8:30 am Susan Foote, Duncan Crowdis  
10:30 am Heather Hyson, Lillian Keeping  
Sidespersons: 10:30 am Michael Lee, Denyse Lee  
Server: Aisling Curtin

# The Holy Eucharist

Communion Setting - Land of Rest

Prelude: Lord Jesus Christ, Be With Us Now – J. S. Bach

Hymn #347 'The God of Abraham Praise'

Father Alvin's Talk with the Children

## The Gathering of the Community

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

All And also with you.

All Almighty God,  
to you all hearts are open,  
all desires known,  
and from you no secrets are hidden.  
Cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord. Amen.

## Glory To God

Celebrant Glory to God in the highest,  
All and peace to his people on earth.  
Lord God, heavenly king, almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.  
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.

## The 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 Proclamation of the Word

### A READING FROM THE BOOK OF ISAIAH

Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; who brings princes to naught, and makes the rulers of the earth as nothing. Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble. To whom then will you compare me, or who is my equal? says the Holy One. Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing. Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the Lord, and my right is disregarded by my God"? Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. ISAIAH 40:21-31  
The Word of the Lord. Thanks be to God.

PSALM REFRAIN Praise the Lord who heals the brokenhearted.

Hallelujah! How good it is to sing praises to our God! how pleasant it is to honour him with praise! The Lord rebuilds Jerusalem; he gathers the exiles of Israel. R

He heals the brokenhearted and binds up their wounds. He counts the number of the stars and calls them all by their names. R

Great is our Lord, mighty in power; there is no limit to his wisdom. The Lord lifts up the lowly, but casts the wicked to the ground. Sing to the Lord with thanksgiving; make music to our God upon the harp. R

He covers the heavens with clouds and prepares rain for the earth; He makes grass to grow upon the mountains and green plants to serve mankind. R

He provides food for flocks and herds and for the young ravens when they cry. He is not impressed by the might of a horse, he has no pleasure in the strength of a man. But the Lord has pleasure in those who fear him, in those who await his gracious favour. Hallelujah! R  
PSALM 147:1-12, 21C

#### A READING FROM THE FIRST LETTER OF PAUL TO THE CORINTHIANS

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel. For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings. I CORINTHIANS 9:16-23  
The word of the Lord. Thanks be to God.

#### Gradual Hymn #382 'Praise to the Lord'

#### Gospel

Reader The Lord be with you. People And also with you.  
THE HOLY GOSPEL OF OUR LORD JESUS CHRIST ACCORDING TO MARK People Glory to you, Lord Jesus Christ.



As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told Jesus about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to

speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.  
The Gospel of Christ. Praise to you, Lord Jesus Christ. MARK 1:29-39

#### REFLECTION - Rev. Dr. Wendell Eisener

#### The Nicene Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father. With the Father and the Son he is worshipped and glorified. He has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

The Prayers of the People Please kneel or sit for the prayers.  
Response: Lord, hear our prayer.

Anglican Cycle of Prayer: Pray for The Anglican Church of Burundi, The Most Revd Martin Nyaboho, Archbishop of Burundi & Bishop of Makamba.

Diocesan Cycle: Pray for the Retired Clergy and Widows in the Prince Edward Island Region.

Local Ministerial: Pray for the Congregation of St. Andrew's Presbyterian Church, Rev. Laurence Mawhinney and Marion.

Fisheries: Adams & Knickle - Cachalot I;  
Clearwater - Atlantic Preserver.

## Confession and Absolution

Dear friends in Christ,  
God is steadfast in love and infinite in mercy;  
he welcomes sinners and invites them to his table.  
Let us confess our sins, confident in God's forgiveness.

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.



Celebrant:

Almighty God have mercy upon you,  
pardon and deliver you from all your sins,  
confirm and strengthen you in all goodness,  
and keep you in eternal life; through Jesus Christ our Lord. Amen.

**The Peace** All stand, and the celebrant addresses the people.

The peace of the Lord be always with you.

And also with you.

During the cold/flu season we will not greet one another.

## The Celebration of the Eucharist

### The Preparation of the Gifts

## Offertory Hymn #531 'You Who Dwell in the Shelter of the Lord'

Representatives of the parish present the gifts of bread and wine for the Eucharist.

Each one as they are able, makes an offering to the Lord for the needs and responsibilities of the Church to be placed on the altar.

## The 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 Great Thanksgiving - Eucharistic Prayer

The Lord be 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.

Blessed are you, gracious God,  
creator of heaven and earth;  
by water and the Holy Spirit  
you have made us a holy people  
in Jesus Christ our Lord;  
you renew that mystery in bread and wine and nourish us,  
to show forth your glory in all the world.  
Therefore with angels and archangels,  
and with all the holy people  
who have served you in every age,  
we raise our voices  
to proclaim the glory of your name.

Holy, holy, holy Lord, (Sung CP#719)

God of power and might,  
heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest. Hosanna in the highest.

We give thanks to you, Lord our God, for the goodness and love you have made known to us in creation; in calling Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Saviour and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life. On the night he was handed over to

suffering and death, a death he freely accepted, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, 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 and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Let us proclaim the mystery of our faith. (Sung) CP #720

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

We offer our sacrifice of praise and thanksgiving to you, Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be the sacrament of the body of Christ and his blood of the new covenant. Unite us to your Son in his sacrifice, that we, made acceptable in him, may be sanctified by the Holy Spirit.

In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation; 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. (Sung 3x) CP #721

### The Lord's 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 this day our daily bread And forgive us our trespasses,  
as we forgive those who trespass against us.  
And 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.

### 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.

### The Communion CP#745

Lamb of God, you take away the sins of the world: have mercy on us.  
Lamb of God, you take away the sins of the world: have mercy on us.  
Lamb of God, you take away the sins of the world: grant us peace.

The celebrant and people then receive communion.  
The body of Christ (given for you). The blood of Christ (shed for you).  
The communicant responds each time, Amen.

*This community of faith,  
welcomes to the Lord's table  
all who are baptized and who wish to be nourished  
with the Body and Blood of Christ.*

### Communion Hymns #54 'Bread of the World, in Mercy Broken' #612 'Healer of Our Every Ill'

### 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.

### ACW Prayer

Almighty God, we pray for your blessing and grace on our work and witness as Anglican Church Women in Canada. We give you thanks and praise for giving us wisdom, knowledge and understanding so that we may serve you in spirit and truth. Called to be your church, may our study, learning, worship and service be always to your glory and the building of your kingdom in our communities and throughout the world. In our ministry may we always respond to the needs of others with your love. We pray in the name of the One who redeemed and loves us, your Son, Jesus our Saviour. Amen

### Doxology

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 & Sending Out

May the God of peace, make you perfect and holy,  
and keep you safe and blameless, in spirit, soul and body,  
for the coming of our Lord Jesus Christ;  
The blessing of God almighty, Father + Son, and Holy Spirit,  
be with you now and remain with you always. Amen.  
Go in joyful hope to love and serve the Lord. Thanks be to God.

Recessional Hymn #306 'O For a Thousand Tongues to Sing'

Postlude: On a Theme by Orlando Gibbons – Stanford

## NOTICES

St. John's ACW would like to thank all the parishioners who brought donations of food for the reception following Fr. Michael's funeral service. It was very much appreciated.

Income Tax Receipts are ready for pick up at the back of the church.

### ANNUAL GENERAL MEETING

The Annual General Meeting will be held Sunday, March 11<sup>th</sup> after the 10:30am church service. Plan to attend and bring your favourite dish to share at the Pot Luck Luncheon after the service.

### SHROVE TUESDAY PANCAKE SUPPER

February 13<sup>th</sup> 5:00 pm - 6:30 pm

The entire parish is invited to join the Sunday School community as they prepare supper. Pancakes, sausages and ice cream will be served. A Free-will offering will be received to support our sponsored child through World Vision and Sunday School activities.

Ash Wednesday, February 14<sup>th</sup>

There are two Services – 10:00 am & 7:00 pm

Anglicans are reminded that Ash Wednesday, along with Good Friday, is observed with special acts of discipline and self-denial, such as fasting, alms giving to those in need and works of charity. The Season of Lent is a time of deepened prayer and spiritual discipline intended to make us more loving, kind and generous in our service of God and others. Check out all the opportunities this Lent to grow spiritually.

### SOUPERMARKET

Our choirs and music committee will present the SouperMarket on Feb. 10 from 11:00 am-1:30 pm in the Parish Hall. Homemade soups, rolls, and desserts will be served; take-out will be available. Tickets are \$10 (\$5 for students) and can be purchased at the door. All proceeds assist St. John's music program. If you have any items that you might wish to contribute to our treasure table, please speak with Jane Ritcey or any member of our music committee. Books, silver ware, china, novelty items are all very much appreciated.

"Struggle for the real Jesus" presented by Rev. Dr. Wendell Eisener, C.S.C., Department of Religious Studies, St Mary's University will be held at the Parish Hall each Tuesday evening until February 13<sup>th</sup> 7:00-8:00pm. Anyone needing a drive to the seminar, please leave a voice mail message at 634-8429 before 4pm on Tues.

## SUNDAY SCHOOL DUTY SCHEDULE

Pre K....Viola Green/Alex Payne

Kindergarten....Christina Pottie/Jasmine Saunders

Grade I....Hughie Fraser; Grade II....Lori Nickerson

### Parish Contacts

PRIEST-IN-CHARGE: Rev. Alvin Westgate • 902-640-2484

SECRETARY: Mary Wagner • PARISH OFFICE: 902-634-4994

email: stjohndlunenburg@bellaliant.com; WEB: www.stjohndlunenburg.org

HONORARY ASSOCIATES: Rev. Linda Macdonald • 902-634-9473,

Rev. Oliver Osmond • 902-634-8589

### PARISH WARDENS

Duncan Crowdis 902-521-9724 • Blake Starratt 902-634-9424

• Robert MacMillan 902-527-0122

### CHAIR OF PARISH COUNCIL

Brooke Nodding 902-634-9425

### ORGANIST/CHOIR DIRECTOR

Barbara Butler 902-624-0506

HAND BELLS Sharon Hill 902-634-8781

CHIMER Peter Allen 902-634-4668

TREASURER Dan Sargeant 902-237-9728

ALTAR GUILD Maureen Moffatt,

Ann Grandy, Barbara Simonds

PASTORAL VISITATION Vacant at this time

PRAYER & HEALING MINISTRY

Linda Macdonald 902-634-9473

SPIRITUAL DEVELOPMENT

Vacant at this time

HERITAGE Roger Demone 902-543-5753

MUSIC Jane Ritcey Moore 902-275-4834

PROPERTY Wayne Dodge 902-634-4885

LADIES' GUILD

Susan MacMillan 902-634-3019

ACW Barbara Nowe 902-634-4473

ACW CATERING Patty Tanner 543-3474

LAY READERS Roger Demone 543-5753

SERVERS Sheila Morris 902-634-3713

### SUNDAY SCHOOL & NURSERY

Rena Demone 902-634-9644

TOURS Peter Allen 902-634-4668

CONGREGATIONAL DEVELOPMENT

Mary Meisner 902-634-8429

FOOD BANK Laura Roblee 902-521-4823

MEALS ON WHEELS Laura Roblee

902-521-4823, Barbara Simonds 902-634-3319

PLANNED GIVING

Jim Eisenhauer 902-634-4713

PWRDF David Penney 902-209-1626

REGIONAL COUNCIL

Mary Meisner, Betty Lou Olivier

SAFER CHURCH

Duncan Crowdis 902-640-2214

SYNOD DELEGATES

Duncan Crowdis, Robert MacMillan

CUSTODIAN Joseph Carnevale 902-529-3050

SEXTON Joseph Carnevale 902-529-3050

NEWSLETTER

Janice & Brian Kenefick 902-764-2145

WEBSITE Grant Dixon 902-640-2897

A pediatric nurse had the difficult assignment of giving immunization shots to children. One day she entered the examining room to give four-year-old Lizzie her needle. 'No, no, no!' she screamed. 'Lizzie,' scolded her mother, 'that's not polite behaviour.' With that, the girl yelled even louder, 'No, thank you! No, thank you!'