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*Jesus said,
“You are the salt of the earth...
You are the light of the world.”*

Fifth Sunday After Epiphany — February 8th 2026

8 a.m. Book of Common Prayer Holy Communion

10 a.m. Holy Eucharist



Ministers:	The people of St. Cuthbert's
Celebrant:	The Rev. Canon Janet Read-Hockin
Postulant & Homilist:	Lutzen Riedstra
Director of Music:	Gary Forbes
Choral Leads:	Robert O., Linda F., Meghan S. and Lutzen R.
Reader/Intercessor 10am:	Tyler L.
Chalice Bearer:	Joanne C.
Crucifer:	Teddy H.
Server:	Jim H.
Chancel Guild:	Team 1: Diane G., Catherine G.
Welcome Team:	Shayne H., Lorraine S., Lilian W.
Technical Support:	Alex G.

Scripture Summaries for the Fifth Sunday After Epiphany

Isaiah 58:1-12

Written after Israel's return from exile in Babylon, this section of Isaiah addresses the malaise felt by Israel after the euphoria of their homecoming had worn off and the hard work and drudgery of rebuilding had begun. How can we let the light of God shine through us asks the passage? In the concern for neighbor, prayer, and praise is the answer. "Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am."

Psalm 112

This psalm provides instruction in right living and right faith. It is a summary statement of what faith is all about: who God is and what humans must do in response to God. "They rise in the darkness as a light for the upright; they are gracious, merciful, and righteous." We are called to work together to achieve righteousness-- right living, trust, and truth-- in this world.

1 Corinthians 2:1-12

Again, in his letter to Corinth Paul is being deliberately subversive. His power, he says, comes through the Spirit. But Paul's understanding of the Spirit is different from that of the Corinthians, who see the Spirit in terms of miracle and power. For Paul the Spirit is the Spirit of Christ, and when we seek to live in the power of the Spirit, our lives take the shape of the cross: bearing love to others even when life turns ugly - as ugly as the cross.

Matthew 5:13-20

We, like the disciples, have heard the qualities of discipleship in last week's Beatitudes. Now we are told that to be a disciple we are called to be like salt, and light, and a city on a hill that cannot be hid. To have flavour, salt must be salty. To be of use, light must not be hidden but shine forth. And to be a city on a hill is to be living out the attitudes espoused in the beatitudes. Together we are a city, gathering for a feast and hearing God's word.

8 a.m. Service of Holy Communion taken from The Book of Common Prayer

(An online pdf version of the 1962 Book of Common Prayer is available by [clicking here](#))

GATHERING OF THE COMMUNITY

The Collect For Purity	page 67	Invitation to Confession	page 76
The Summary of the Law	page 69	Confession and Absolution	page 77
The Collect of the Day		The Comfortable Words	page 77

THE PROCLAMATION OF THE WORD

Today's readings may be found on [page 4](#) of this bulletin

THE PROCLAMATION OF THE WORD		THANKSGIVING AND CONSECRATION	
Reader: Gordon D.		Sursum Corda	page 78
First Reading: Isaiah 58:1-12		Prayer of Consecration	page 82
Psalm: 112	BCP page 478	Prayer of Humble Access	page 83
Second Reading: 1 Corinthians 2:1-12		Agnus Dei "O Lamb of God"	page 84
Gospel: Matthew 5:13-20		The Communion	
Nicene Creed	page 71	The Lord's Prayer	page 85
Sermon	Janet+	Prayer after Communion	page 85
Offertory Sentence	page 73	Gloria	page 86
The Prayers	page 75	The Blessing	
		<i>Thank you for your prayers and presence.</i>	

**10 a.m. Holy Eucharist The Book of Alternative Services
in-person worship and online via YouTube Live
Supervised Nursery Care is available downstairs**

Prelude

Prelude - Bloch

Welcome

Opening Hymn CP 502

Text and Music: Marty Haugen (1950-) © 1986 G.I.A Publications Inc.

1 *You are salt for the earth, O people:
Salt for the kingdom of God!
Share the flavour of life, O people:
Life in the Kingdom of God!*

*R Bring forth the kingdom of mercy,
Bring forth the kingdom of peace
Bring forth the kingdom of justice,
Bring forth the city of God!*

2 *You are a light on the hill, O people:
Light for the city of God!
Shine so holy and bright, O people:
Shine for the kingdom of God! **Refrain***

3 *You are a seed of the word, O people:
Bring forth the kingdom of God!
Seeds of mercy and seeds of justice
grow in the kingdom of God! **Refrain***

4 *We are a blest and a pilgrim people
Bound for the kingdom of God!
Love our journey and love our homeland:
Love is the kingdom of God! **Refrain***

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.

People: **And also with you.**

Celebrant: Almighty God,
All: **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

Refrain: Gloria! Gloria! Glory to God in the highest. Gloria! Gloria!
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. Refrain**

**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. Refrain**

**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. Refrain**

The Collect of the Day

Officiant: Merciful Lord,
People: 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

The First Reading ISAIAH 58:1-12

A READING FROM THE BOOK OF ISAIAH

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. Yet day after day they seek me and delight to know my ways, as if they were a nation that practised righteousness and did not forsake the ordinance of their God; they ask of me righteous judgements, they delight to draw near to God. "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. Look, 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. 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? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? 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? 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. 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, 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. 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. 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.

Reader: Listen to what the Spirit is saying to the Church.
All: Thanks be to God.

¹ Hallelujah! Happy are they who fear the Lord *
and have great delight in his commandments!

² **Their descendants will be mighty in the land; ***
the generation of the upright will be blessed.

³ Wealth and riches will be in their house, * and their righteousness will last for ever.

⁴ **Light shines in the darkness for the upright; ***
the righteous are merciful and full of compassion.

⁵ It is good for them to be generous in lending * and to manage their affairs with justice.

⁶ **For they will never be shaken; *** **the righteous will be kept in everlasting remembrance.**

⁷ They will not be afraid of any evil rumours; *
their heart is right; they put their trust in the Lord.

⁸ **Their heart is established and will not shrink, ***
until they see their desire upon their enemies.

⁹ They have given freely to the poor, *
and their righteousness stands fast for ever; they will hold up their head with honour.

¹⁰ **The wicked will see it and be angry; they will gnash their teeth and pine away; *** **the desires of the wicked will perish.**

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.

The Second Reading

1 CORINTHIANS 2:1-12

A READING FROM THE FIRST LETTER OF PAUL TO THE CORINTHIANS

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God. 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 doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. 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" - these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being 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. 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.

Reader: Listen to what the Spirit is saying to the Church.

All: Thanks be to God.

Gradual Hymn CP 440

Text: Alan Luff (1928-) alt. © 1989 Hope Publishing Co. Music: Ruth Watson Henderson (1932-)

1 For all your blessings, Jesus, we praise you,
gracious in mercy, strong to console.
You to our need bring comfort and healing,
love and forgiveness, making us whole.

3 We carry with us into your presence
prisoners of sickness, sadness, and fear;
grant them to know your peace in their suffering
and new life flowing, for you are near.

For All Your Blessings vs 1-2 before, 3-4 after

2 Daily around us, pain and confusion
crumble our feeble faith into dust.
Yet still we find your love in the darkness,
changing our anxious thoughts into trust.

4 Grant us, your servants, grace to work with you,
that in your loving task we may share
mind's understanding, hands skilled for healing,
hearts of compassion, joined in love's care.

THE HOLY GOSPEL

MATTHEW 5:13-20

Gospeller: The Lord be with you.

People: And also with you.

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

People: Glory to you, Lord Jesus Christ.

Jesus said, "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. You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. 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. Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. 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. 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. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven."

Gospeller: The Gospel of Christ.

People: Praise to you, Lord Jesus Christ

Homily: Janet+

The Apostles' Creed

Celebrant: Let us confess the faith of our baptism, as we say,

All: 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.

The Prayers of the People – Litany from Home Prayers

p. 691

Leader: Let us pray to the Lord, saying, "Lord, hear our prayer."

All: Lord, hear our prayer.

Leader: Loving God, we thank you for your many gifts to us, for the love which brings us together, for the earth which provides for our needs, for the new life you have given us in Jesus Christ, Let us pray to the Lord

All: Lord, hear our prayer.

Leader: We pray to you for our Christian family and for grace to grow in your love. (*weekly petitions are added*) Let us pray to the Lord

All: Lord, hear our prayer.

Leader: We pray to you for our world, for all its cares and needs, (*weekly petitions are added*) and for all who lead us and care for us, Let us pray to the Lord

All: Lord, hear our prayer.

Leader: We pray to you for those in need, for the sick (*weekly petitions are added*) and the lonely, for the hurt and the frightened, and for those who live without hope. Please name those known to you. (Pause) Let us pray to the Lord

All: Lord, hear our prayer.

Leader: We pray to you for the lonely, for the hurt and the frightened, and for those whose needs are known to God alone. (Pause) Let us pray to the Lord

All: Lord, hear our prayer.

Leader: We pray for those we love who have died, giving thanks that you surround them with your care and love. (*weekly petitions are added*). Let us pray to the Lord

All: Lord, hear our prayer.

Leader: We pray for one another, asking you to bless us, our friends, and relatives. Bless the places where we work, and bless our homes and our life together. Let us pray to the Lord

All: Lord, hear our prayer.

Leader: Let us remember before God our selfish ways, the things we have done wrong, the sorrows we have caused, the love we have not shown.

All: Most merciful Father, forgive us our sins against you and against each other. Strengthen us to overcome our weaknesses, that we may live in love as you would have us live, for the sake of Jesus Christ our Saviour. Amen.

The Absolution — Rev. Janet

The Peace—*During the Peace, you are invited to turn to your neighbours and shake their hand. If you are not comfortable shaking hands, please do a slight bow or raise your hand as a greeting.*

Celebrant: The Peace of the Lord be always with you. **All: And also with you.**

The Offertory—An Invitation

During the Offertory, we offer many things to God —our cares and concerns, our joys and sorrows, our time, our talent, and our treasure. Like every Anglican Parish, St. Cuthbert's is called to be financially self-sustaining. To make a monetary offering to support our ministry and mission, please place your donation in the Offertory Plate at either the front or back of the Church. You may also place your offering in the plate as members of the Welcome Team slowly process down the centre aisle during the Offertory Hymn. Offerings may also be sent via e-transfer or by visiting the Donate tab of the website (click here) or by scanning the QR code. St. Cuthbert's is also grateful to receive donations via The United Way. For more information, please contact the Church Office.



Offertory Hymn CP 645

Text: Bianco da Siena (1350?-1434?) tr. Richard Frederick Littledale (1833-1890), alt.
Music: Ralph Vaughan Williams (1872-1958) © Oxford University Press

1 *Come down, O Love divine,
seek thou this soul of mine,
and visit it with thine own ardour glowing;
O Comforter, draw near,
within my heart appear,
and kindle it, thy holy flame bestowing.*

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

Come Down, O Love Divine

2 *O let it freely burn,
till earthly passions turn
to dust and ashes in its heat consuming;
and let thy glorious light
shine ever on my sight,
and clothe me round, the while my path illumining*

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 Love create a place
wherein the Holy Spirit makes a dwelling*

The Celebration of the Eucharist

Prayer over the Gifts (said together)

All: 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 — Supplementary Eucharistic Prayer #1

Celebrant: The Lord be with you.

People: And also with you

Celebrant: Lift up your hearts.

People: We lift them up to the Lord.

Celebrant: Let us give thanks to the Lord our God.

People: It is right to give our thanks and praise.

Celebrant: Holy God, Lover of creation, we give you thanks and praise for in the ocean of your steadfast love you bear us and place the song of your Spirit in our hearts. When we turn from your love and defile the earth, you do not abandon us. Your Spirit speaks through Huldah and Micah, through prophets, sages, and saints in every age, to confront our sin and reveal the vision of your new creation. Joining in the song of the universe we proclaim your glory singing:

CP 732 **Holy, holy, holy Lord, God of power and might,**
sung by all Heaven and earth are full of your glory.
Hosanna in the highest, Hosana in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest, Hosana in the highest.

Celebrant: Gracious God, in the fullness of time you sent Jesus the Christ to share our fragile humanity. Through Jesus' life, death, and resurrection you open the path from brokenness to health, from fear to trust, from pride and conceit to reverence for you.

Rejected by a world that could not bear the Gospel of life, Jesus knew death was near. His head anointed for burial by a woman, Jesus gathered together those who loved him. He took bread, gave thanks to you, broke it and gave it to his friends, saying, "Take and eat: this is my body which is given for you. Do this for the remembrance of me."

After supper, Jesus took the cup of wine, gave you thanks, and said "Drink this all of you, this is my blood of the new covenant which is shed for you and for many. Whenever you drink it, do this for the remembrance of me." And now we gather at this table in response to his commandment, to share the bread and cup of Christ's undying love, and to proclaim our faith.

All: **Christ has died. Christ is risen. Christ will come again.**

Celebrant: and we offer our sacrifice of praise and thanksgiving to you, Lord of all; Breathe your Holy Spirit, the wisdom of the universe, upon these gifts that we bring to you: this bread, this cup, ourselves, our souls and bodies, that we may be signs of your love for all the world and ministers of your transforming purpose.

Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, Creator of all, and we bless your holy name for ever.

People: Amen.

The Lord's Prayer

Celebrant: And now, as our Saviour Christ hath taught us, we are bold to say:

All: **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

Celebrant: We break the bread of life, and that life is the light of the world.

All: **God here among us, light in the midst of us, bring us to light and life.**

The Communion

Celebrant: This is the table at which God is host and all are welcome guests. These are the gifts of God for the whole People of God.

People: **Thanks be to God.**

Agnus Dei

Sung by All: Jesus, Lamb of God, have mercy on us.

**CP 747 Jesus, bearer of our sins, have mercy on us.
Jesus, redeemer, redeemer of the world,
give us your peace, give us your peace.**

The Administration of Communion

The Welcome team will direct you to the communion rail. Please proceed to the rail in a clockwise motion around the table and return to your pew following the same clockwise motion.



Communion Hymn CP 49

Please see the Blue Common Praise Hymnal in the pew rack.

Draw Near and Take

Motet

O Sing Joyfully - Batten

sung by the choir

*O sing joyfully unto God our strength :
make a cheerful noise unto the God of Jacob.
Take the song, bring hither the tabret :
the merry harp with the lute.
Blow up the trumpet in the new-moon :
even in the time appointed, and upon our solemn feast-day.
For this was made a statute for Israel :
and a law of the God of Jacob.*

Prayer after Communion (*please stand*)

All: **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.**

Doxology (Ephesians 3:20-21)

Celebrant: **Glory to God**

All: **whose power, working in us, can do, and is doing, 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—Fr. Randal Johnston

Recessional CP 383

Text: Isaac Watts (1674-1748), alt Music: John Hatton (?-1793)

Jesus Shall Reign Where'er the Sun

- 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 e'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

Celebrant: As our worship ends, and our true service begins,
Let us go in peace to love and to serve the Lord.

All: **Thanks be to God!**

Announcements

Postlude

Toccata in G Major - Dubois

*Please join us for Coffee in Lamb Hall following the Service.
Special thanks to today's hosts the Wednesday Evening Bible Study group.*

St. Cuthbert's Leaside, Acknowledgment of Indigenous Territory *This sacred land is the territory of several Indigenous Nations – the Wendat, the Métis, the Haudenosaunee, and the Anishnaabe, with special recognition to the Mississaugas of New Credit. We also acknowledge that we are on the shores of Niigaani-gichigami/Lake Ontario. This territory is governed by the Dish With One Spoon Wampum Belt Treaty, an agreement between the Haudenosaunee Confederacy and the Anishnaabe Confederacy to peaceably share and sustain the life of the Great Lakes. In the spirit of that Treaty we seek to place at the centre of our gatherings the values of respectful reciprocity, diversity, peace, responsibility, and mutual aid.*

In Our Prayers we pray for:

The World: All those suffering in the midst of war, civil unrest, or disasters caused by climate change. For the people of Minneapolis, Venezuela, Iran, Sudan, the Middle East, the people of Gaza; for the United States and all global relationships; for Ukraine; for all nations and people known to us.

Our Community: We uphold in love all those who live and work along Leacrest Road

The Church: The Church in Hong Kong & the Holland Deanery

Our Bishops: Sarah, *Archbishop of Canterbury*; Shane, *Primate of Canada*; Chris, *National Indigenous Archbishop*; Anne, *Metropolitan of Ontario*; Andrew, *Bishop of Toronto*; Kevin & Riscylla, *Suffragan Bishops*.

Our Archdeacon: *The Venerable Theodore Hunt*

Outreach: Pray for Holy Family, Heart Lake, *its Food Bank, Mitten Tree, Spirit of Giving Christmas Outreach, and Santas for Seniors involvement*;
 - for Holy Spirit of Peace, *and its refugee sponsorship*;
 - for Holy Trinity, Guildwood, *its food pantry, parish nurse ministry, pastoral care to seniors' residences and local nursing homes, partnership with high school programs, and work with community partners on social justice issues*.

Parish Cycle: all members and friends of St. Cuthbert's.

We pray for those in special need: John N.; Ava and her family; Dorcas; Ally; Sharon; Monique; Helen M.; Fr. Randal; Jeannie; Anita; Tamara D. and M.J.

And continue to uphold: Nancy D.; Dale; Carol M. and Marilyn.

Flower Dedication

The flowers adorning the Sanctuary today are given by The Reverend Stephen Drakeford to the Glory of God and with gratitude for all God's grace and goodness.

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