



Sunday, February 8th, 2026

5th Sunday after the Epiphany

10:00 a.m. Holy Communion

Welcome and Announcements

Children leave for Sunday School during Opening Hymn.

Processional: Praise to the Lord, the Almighty CP 384

Call to Worship

Priest: 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.

Collect of the Day (together)

O God, we thank you for times of refreshment and peace in the course of this busy life. Grant that we may so use our leisure for the renewal of our bodies and minds that our spirits may be opened, Merciful Creator, to the goodness of your creation; through Jesus Christ, our Saviour and Lord. Amen.

We Hear God's Word

God invites us to hear His word.

First Reading: I Corinthians 15:51-57

Reader: Janet Herrera

Gospel: Luke 24:36-49

Reader: Lorna Smith

Sermon: Canon Stephanie

Musical Meditation: Take My Life and Let It Be CP 435

Apostles' Creed

Prayers of the People

Intercessor: Isuru Weerasekera

Confession and Absolution

God invites us to confess our sins.

The Peace of Christ

God calls us to renewed relationship with others.

Offertory: I'm Gonna Live So God Can Use Me

Celebration of the Eucharist

Prayer and anointing are available every Sunday in the lobby during communion.

Eucharistic Kenyan Rite

The Lord's Prayer (Sung)

We have come together, the people of God drawn by His Spirit, longing for His word to praise the Holy name of the Lord to share His glorious news of grace to pray for our needs and the pain of the world to rejoice in his love and be sent in His peace.

Priest: Is the Father with us?

All: He is!

Priest: Is Christ among us?

All: He is!

Priest: Is the Spirit here?

All: He is!

Priest: This is our God!

All: Father, Son and Holy Spirit!

Priest: We are His people!

All: We are His people!

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

All: We, being many, are one body, for we all share in the one bread.

Prayer for Spiritual Communion

Communion Hymns:

1. One Bread, One Body CP 73
2. Let Us Break Bread together on our Knees
3. I Will Offer Up My Life

Prayer after Communion:

Priest: Almighty God, eternal Father, we have sat at Your feet, learned from Your word, and eaten from Your table. We give You thanks and praise for accepting us into Your family. Send us out with Your blessing to live and witness for You in the power of Your Spirit through Jesus Christ, the Firstborn from the dead.

All: Amen.

Closing Blessing

God sends us into the world, under His blessing.

Priest: All our problems

All: We send to the cross of Christ

Priest: All our difficulties

All: We send to the cross of Christ

Priest: All the devil's works

All: We send to the cross of Christ

Priest: All our hopes

All: We set on the risen Christ.

The Blessing

Recessional: We are Your Church

8 am Service Book of Common Prayer, p. 67
Opening hymn **Praise to the Lord, the Almighty CP 384**
Offertory **God Whose Giving Knows No Ending CP 601**
Recessional hymn **Stand Up and Bless the Lord CP 350**

Readers:

1st Reader: Roy Smiley
2nd Reader: Kehinde Ladipo

ANNOUNCEMENTS

Tax Receipts Available for Pickup in the Narthex!

Stewarding our Temple

In week 4 of our 5 week preaching series on stewardship, we reflect on the stewardship of our bodies. Scripture reminds us that we are temples of the Holy Spirit, called to honor God in how we use our bodies and care for ourselves. As an act of worship and in gratitude to God, we steward our bodies faithfully.

Lenten Family Activity Pack Available!

 The Lenten Family Activity Pack is ready for our SPOTH Kids and Youth families to pick up at the Narthex today. We hope these activities bring joy and meaningful moments as your family journeys through the Lenten season together.

Lent Together: Faith, Family & Fun

Today, February 8th | 11:30am-1:00pm

All SPOTH kids, youth, and their families are invited to join us for a joyful and meaningful gathering as we begin our Lenten journey together. Enjoy pizza, snacks, fun games, time to connect with other families and prayer as we enter the season of Lent together.

Giving the Body What it Needs: Who is Worth the Effort?

February 11th | 7:00–8:30 pm (Zoom)

Join **Rev. Naomi Miller**, *priest and nutritionist*, for an evening exploring how care of the body is part of our spiritual life. Naomi will share her personal journey, offer biblical insights on the place of the body in Scripture, and suggest practical, grace-filled ways to care for our bodies.

All are welcome to join!

Please visit stpaulsonthehill.com to access the Zoom link.

New Year's Relationship Reboot: Marriage Enrichment

Sundays | 8:00pm to 10:00pm | Online via Zoom
February 15th – March 29th

The Alpha Marriage Course is a relaxed, date-night-style experience you can enjoy from home, designed to help couples reconnect through good conversation, practical tools, and intentional time together. Hosted by Canon Judy and Rev. Andrew, and Steve and Clare Masson, the seven-week online course features video content from marriage experts Nicky and Sila Lee, with guided private discussions for couples (not group exercises).

Email our parish administrator at officeadmin@stpaulsonthehill.com to register.

Our Ash Wednesday service is on February 18th at 7:00 pm. Ash Wednesday marks the beginning of Lent, inviting us into a sacred time of repentance, remembering our deep need for God's grace, symbolized by the ashes on our foreheads. It's worth attending because this quiet, honest service creates space to realign our hearts with Christ, receive forgiveness, and begin the journey toward Easter with both humility and hope.

Upcoming Vestry Meeting

Sunday, February 22nd | 2:00pm

Vestry will be held on Zoom to allow more people to attend, especially in case of bad weather. The link will be shared via Constant Contact and the church website.

You may come to Vestry and vote if you have been a member of the Anglican Church of Canada and of this congregation for at least three months, have attended regularly scheduled services of worship with this congregation at least three times in the past year, are of the full age of sixteen years and have not voted as a member of any other vestry during the previous three months.

Women at St. Paul's – Mugs, Muffins and More

Saturday, February 28th | 9:00am

Women at St. Paul's will be participating in a February livestream with Wycliffe College, *Women of Faith and the Transforming Power of the Psalms*.

This will take place during **Mugs, Muffins and More**, beginning at **9:00am** in the Parish Hall for fellowship and refreshments, followed by the livestream in the church at **10:00am**. Muffins, tea, and coffee will be provided—*please bring your own mug*. A suggested donation of \$5 would be gratefully received.

To RSVP, please email: women@stpaulsonthehill.com or call the church office at 905-839-7909.

Altar Flowers

If you would like to celebrate a special occasion or remember a dear loved one by sponsoring the flowers in the vases at the altar, please contact Barb Thompson at 289-923-0045 or barbthompson@rogers.com. **The cost is \$75.**