

North Kildonan United Church  
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Minister: *Rev. Susan Reed*  
Pianist/Choir Director: *Joanne Diplock*  
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*Our Mission...*

*to be an accepting Christian community dedicated to living, sharing and teaching the Word of God.*

*We respect all aspects of people including race, ethnicity, gender expression, sexual orientation, socio-economic background, age, religion, mental wellness, and ability.*

February 4<sup>th</sup>, 2024  
5<sup>th</sup> Sunday after Epiphany  
Sacrament of Holy Communion

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*\*The asterisk invites all to stand, if they are able. **Bold** print indicates a congregational response.*

## GATHERING TO WORSHIP GOD

PRELUDE *(Music played with permission under license #A-620529 One License)*

*~Joanne Diplock*

## WELCOME

## ACKNOWLEDGEMENT of the LAND

*We acknowledge that we meet on Treaty 1 land, the traditional lands of the Anishinaabe, Cree and Dakota peoples, and the homeland of the Metis nation. We are thankful for these first inhabitants, and we commit to working together towards justice, truth and reconciliation.*

## LIGHTING of the CHRIST CANDLE

*As we light our Christ candle, we remember Jesus.  
He was called the Light of the World.  
He also told the people that they were the light of the world,  
and were to let their light shine.  
May we honour the light which was in Jesus  
by sharing it with the world around.*

## LIGHTING of the PEACE CANDLE

*As we light this candle, we pray for peace:*  
**peace in our hearts,  
peace in our homes,  
peace in our world.**  
*As we remember the ministry of Jesus, the Prince of Peace,  
**O God, we pray for peace. Amen.***

## SHARING the PEACE of CHRIST

## CALL to WORSHIP

(Written by Lisa Hancock; from *Discipleship Ministries* online.)

*People of God, welcome! Surely God is in this place!*

**We come to worship and to rest in God's presence.**

*Breathe deep for the goodness of God surrounds us.*

**The Holy One who sustains the universe is near.**

*When we are tired, worn down, and carrying heavy burdens, God is with us.*

**God strengthens us that we might help carry one another's burdens.**

*So, let us join together in wonder and thanksgiving*

*for God's love that lifts us up on wings like eagles.*

**Thanks be to God! Amen.**

## \*OPENING HYMN: VU #374 – "Come and Find the Quiet Centre"

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(Murray/White)

~Joanne Diplock

- 1 Come and find the quiet centre  
in the crowded life we lead,  
find the room for hope to enter,  
find the frame where we are freed:  
clear the chaos and the clutter,  
clear our eyes, that we can see  
all the things that really matter,  
be at peace, and simply be.**
- 2 Silence is a friend who claims us,  
cools the heat and slows the pace,  
God it is who speaks and names us,  
knows our being, face to face,  
making space within our thinking,  
lifting shades to show the sun,  
raising courage when we're shrinking,  
finding scope for faith begun.**
- 3 In the Spirit let us travel,  
open to each other's pain,  
let our loves and fears unravel,  
celebrate the space we gain:  
there's a place for deepest dreaming,  
there's a time for heart to care,  
in the Spirit's lively scheming  
there is always room to spare!**

## OPENING PRAYER

(Written by Stephanie Perdeu; from *Worship Ways* online, United Church of Christ.)

**Everlasting God, Creator of the ends of the earth,  
you who spread the heavens like a curtain,  
and make us a tent to live in,**

**gather us in the shelter of your love, and renew our strength,  
that with wings as eagles we might not grow weary  
as we walk with you.**

**We pray in the power of your Holy Spirit. Amen.**

## CONVERSATION TIME

\*HYMN: VU #570 – **"Jesus' Hands Were Kind Hands"**

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(Cropper/Young)

~Joanne Diplock

- 1 Jesus' hands were kind hands, doing good to all,  
healing pain and sickness, blessing children small,  
washing tired feet, and saving those who fall;  
Jesus' hands were kind hands, doing good to all.**
- 2 Take my hands, O Jesus, let them work for you,  
make them strong and gentle, kind in all I do;  
let me watch you, Jesus, till I'm gentle too,  
till my hands are kind hands, quick to work for you.**

## LISTENING FOR AND REFLECTING ON GOD'S WORD

Scripture Reader: Teresa Miller

### **Isaiah 40: 21-31**

*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.*

### **Mark 1: 29-39**

*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 him 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 sunset, 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.*

### **Words of Response:**

*Let us hear what the Spirit is saying to the Church.*

**Thanks be to God! Amen.**

### **CHOIR ANTHEM: #195 MV – "Long Ago and Far Away"**

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*(Mayberry/Stubbington)*

*~Joanne Diplock*

### **REFLECTION: "Renewed Strength"**

*~Rev. Susan Reed*

# RESPONDING TO GOD IN PRAYER AND ACTION

## LIFE and WORK of the CONGREGATION

### MISSION & SERVICE STORY

### INVITATION to the OFFERING

(Written by Stephanie Perdew; from *Worship Ways* online, United Church of Christ.)

## THE PRESENTATION of our TITHES and OFFERINGS

Offertory Music *as the offerings are collected*

~Joanne Diplock

\*Offering Verse: #182 MV – "**Grateful**" Sung 2X

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(Tomaszek/Hart)

~Joanne Diplock

**Grateful for the life you give us,  
thankful for your Holy Son,  
joyful in your Spirit flowing  
over all, O God of Love.  
Grateful for the Bread of Heaven,  
thankful for your Holy Word,  
joyful in your mercy flowing,  
we will praise you.**

\*Offertory Prayer

**O God, you call us to serve you,  
and to follow Jesus.**

**In response, we offer our gifts and ourselves,  
that they and we may be used for your work in the world.**

**Bless them, and bless us,  
we pray in Jesus' name. Amen.**

## PRAYERS of the PEOPLE

### 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 forever and ever.**

**Amen.**

# THE SACRAMENT OF HOLY COMMUNION

Unless otherwise noted, this Communion liturgy for the 5<sup>th</sup> Sunday after the Epiphany is written by Thom Shuman, and found on his *Lectionary Liturgies* blog.

## \*COMMUNION HYMN: #194 MV – **"Bread of Life"**

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(Spencer/Gunn)  
~Joanne Diplock

- 1. Bread of life, feed my soul,  
as the presence of the Spirit makes me whole.  
Bread of life, fill my heart  
with the grace and mercy you impart.**
- 2. I have heard your voice calling,  
"Come my friend, and share  
in the feast that is laid out for you  
to show how much I care."**
- 3. Bread of life, help me live  
a life as pure and true as Jesus did.  
Bread of life, help me see  
the boundless love of Christ for you and me**
- 4. I have heard your voice calling,  
"Come my friend, and share  
in the feast that is laid out for you  
to show how much I care."**
- 5. Bread of life, feed my soul,  
as the presence of the Spirit makes me whole.  
bread of life, fill my heart  
with the grace and mercy you impart.**

## INVITATION to COMMUNION

*(From Celebrate God's Presence.)*

## CALL to GIVE THANKS

*May God be with you.*

**May God be also with you.**

*People of God, open your hearts.*

**We open our hearts to God and to each other.**

*Let us give thanks to the Living God.*

**With joy and praise,**

**we offer our thanks to the One who offers abundant life.**

## GREAT THANKSGIVING

## SONG of CREATION

*...we lift our praises to you now and forever:*

**Holy, holy, holy are you, God of all knowledge.  
All creation sings glad praises to you.  
Hosanna in the highest!  
Blessed is the One who came for our sake.  
Hosanna in the highest!**

## GREAT THANKSGIVING

### AFFIRMATION of MEMORY and HOPE

*...may we find that mystery we call faith:*

**Christ died, not boasting in himself;  
Christ was raised, the gospel lived out in him;  
Christ will come to take us by the hand, giving us strength.**

### PRAYER for TRANSFORMATION

### CONCLUDING PRAISE

*....we will join hands and dance around the Table,  
singing your praise forever and ever:*

**God our Creator,  
Christ our Servant,  
Spirit of Newness,  
God in Community, Holy in One. Amen.**

### BREAKING the BREAD and FILLING the CUP

### COMMUNION is SHARED

### PRAYER after COMMUNION

*(Adapted from Celebrate God's Presence.)*

**Life-giving God,  
may we, who share Christ's body, live his risen life;  
may we, who drink his cup, bring new life to others;  
and may we, whom the Spirit lights, give light to the world.  
In Jesus' name, we pray. Amen.**

### SENT INTO GOD'S WORLD

### \*CLOSING HYMN: VU #481 – "Sent Forth by God's Blessing"

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*(Westendorf)*

*~Joanne Diplock*

**1 Sent forth by God's blessing, our true faith confessing,  
the people of God from this dwelling take leave.  
The supper is ended, O now be extended  
the fruits of this service in all who believe.  
The seed of Christ's teaching, receptive souls reaching,  
shall blossom in action for God and for all.**

**God's grace did invite us, God's love shall unite us  
to work for the kingdom and answer its call.**

- 2 With praise and thanksgiving to God ever living,  
the tasks of our everyday life we will face.  
Our faith ever sharing, in love ever caring,  
embracing God's children of each tribe and race.  
With your feast you feed us, with your light now lead us;  
unite us as one in this life that we share.  
Then may all the living with praise and thanksgiving  
give honour to Christ and the name that we bear.**

**\*COMMISSIONING**

(Written by Anna Atkinson; from *Gathering A/C/E 2020-2021.*)

*We have been healed and fed  
by God's grace,  
by God's word,  
by God's people.*

**Let us go forth to heal and feed  
all God's people  
by God's grace,  
with God's word,  
knowing that we are never alone,  
knowing that we abide in the shadow of God's wings,  
knowing that our God who is Creator, Redeemer and Comforter  
goes with us each step of the way. Amen.**

**\*CHORAL BENEDICTION**

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(Price/Besig)

*~Joanne Diplock*

**May the Lord go with you,  
let him take your hand.  
Keep His love within you,  
until we meet again. Amen.**

**POSTLUDE** *(Music played with permission under license #A-620529 One License)*

*~Joanne Diplock*