

**St. John's Anglican Church, Ida
Parish of Ida and Omemee**

**Fifth Sunday after the Epiphany
A Service of Morning Prayer**

February 8, 2026

Welcome to Worship this morning!

*We invite you to participate fully in the service,
and to remain following the service for our Coffee Hour.
Children are welcome to attend our Children's Program or to
remain with their families.*

*As we worship, at any time during the service, please assume
whatever physical position is best for you.*

The Gathering of the Community

*I am the light of the world, says the Lord. Those who follow me
will not walk in darkness, but will have the light of life.
(John 8:12)*

Please stand as you are able.

Opening Hymn We Fall Down, CP1 Holy, Holy, Holy

**We fall down, we lay our crowns
at the feet of Jesus,
the greatness of your mercy and love
at the feet of Jesus.**

**And we cry holy, holy, holy,
we cry holy, holy, holy,
we cry holy, holy, holy
is the Lamb.**

**Holy, holy, holy, Lord God almighty!
Early in the morning our song shall rise to thee:
holy, holy, holy, merciful and mighty,
God in three persons, blessed Trinity!**

**Holy, holy, holy! All the saints adore thee,
casting down their golden crowns around the glassy sea;
cherubim and seraphim falling down before thee,
which wert, and art, and evermore shalt be.**

**Holy, holy, holy! Though the darkness hide thee,
though our sinful human gaze thy glory may not see,
only thou art holy; there is none beside thee,
perfect in power, in love, and purity.**

**Holy, holy, holy, Lord God almighty!
All thy works shall praise thy name
in earth and sky and sea;
holy, holy, holy, merciful and mighty,
God in three persons, blessed Trinity!**

**We fall down, we lay our crowns
at the feet of Jesus,
the greatness of your mercy and love
at the feet of Jesus.
And we cry holy, holy, holy,
we cry holy, holy, holy,
we cry holy, holy, holy
is the Lamb.**

We have come together in the name of Christ
to offer our praise and thanksgiving,
to hear and receive God's holy word,
to pray for the needs of the world,
and to seek the forgiveness of our sins,
that by the power of the Holy Spirit
we may give ourselves to the service of God.

Let us confess our sins against God and neighbour.

**Lord God,
we have sinned against you;
we have done evil in your sight.
We are sorry and repent.
Have mercy on us according to your love.**

**Wash away our wrongdoing
and cleanse us from our sin.
Renew a right spirit within us
and restore us to the joy of your salvation;
through Jesus Christ our Lord.
Amen.**

Assurance of Forgiveness

May the God of all mercies cleanse us from our sins,
and restore us in his image to the praise and glory
of his name, through Jesus Christ our Lord.

Amen.

Blessed is the Lord,
for he has heard the voice of our prayer;
therefore shall our hearts dance for joy
and in our song will we praise our God.

Blessed are you,
gracious God, creator of all,
to you be glory and praise for ever.
You founded the earth in the beginning
and the heavens are the work of your hands.

**In the fullness of time you made us in your image,
and in these last days you have spoken to us
through your Son Jesus Christ,
the Word made flesh.**

**As we rejoice in the gift of your presence among us,
let the light of your love always shine in our hearts,
your Spirit ever renew our lives
and your praises ever be on our lips.
Blessed be God, Eternal Glory,
Incarnate Word and Abiding Spirit.
Blessed be God for ever.
Amen.**

The Collect of the Day

Let us pray.

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.

You are invited to kneel or stay seated for the prayer.

The Lord's Prayer

Gathering our prayers and praises into one,
let us pray with confidence as our Saviour has taught us.

**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 forever.**

Amen.

**Loving God,
thank you for life.**

Thank you for making us and loving us.

**Thank you for bringing us together to learn about you.
Please bless our Sunday School teachers and children,
and help us all to know you better.**

We pray in the name of Jesus.

Amen.

Children's Hymn BB719 Jesus Bids Us Shine

**Jesus bids us shine with a pure, clear light,
like a little candle burning in the night;
in this world of darkness so we must shine—
you in your small corner, and I in mine.**

**Jesus bids us shine first of all for Him;
well He sees and knows it, if our light grows dim;
He looks down from heaven to see us shine—
you in your small corner, and I in mine.**

**Jesus bids us shine, then, for all around.
Many kinds of darkness in the world are found—
sin and want and sorrow; so we must shine—
you in your small corner, and I in mine.**

Please be seated.

The Proclamation of the Word

The First Reading

A reading from the Isaiah (58:1-12)

“Shout it aloud, do not hold back.
Raise your voice like a trumpet.
Declare to my people their rebellion
and to the descendants of Jacob their sins.
For day after day they seek me out;
they seem eager to know my ways,
as if they were a nation that does what is right
and has not forsaken the commands of its God.
They ask me for just decisions
and seem eager for God to come near them.
'Why have we fasted,' they say,
'and you have not seen it?
Why have we humbled ourselves,
and you have not noticed?'

“Yet on the day of your fasting, you do as you please
and exploit all your workers.

Your fasting ends in quarreling and strife,
and in striking each other with wicked fists.

You cannot fast as you do today
and expect your voice to be heard on high.

Is this the kind of fast I have chosen,
only a day for people to humble themselves?

Is it only for bowing one’s head like a reed
and for lying in sackcloth and ashes?

Is that what you call a fast,
a day acceptable to the LORD?

“Is not this the kind of fasting I have chosen:
to loose the chains of injustice

and untie the cords of the yoke,

to set the oppressed free
and break every yoke?

Is it not to share your food with the hungry
and to provide the poor wanderer with shelter—

when you see the naked, to clothe them,
and not to turn away from your own flesh and blood?

Then your light will break forth like the dawn,
and your healing will quickly appear;

then your righteousness will go before you,
and the glory of the LORD will be your rear guard.

Then you will call, and the LORD will answer;
you will cry for help, and he will say: Here am I.

“If you do away with the yoke of oppression,
with the pointing finger and malicious talk,

and if you spend yourselves in behalf of the hungry
and satisfy the needs of the oppressed,

then your light will rise in the darkness,
and your night will become like the noonday.

The LORD will guide you always;
he will satisfy your needs in a sun-scorched land
and will strengthen your frame.

You will be like a well-watered garden,
like a spring whose waters never fail.

Your people will rebuild the ancient ruins
and will raise up the age-old foundations;
you will be called Repairer of Broken Walls,
Restorer of Streets with Dwellings.

The word of the Lord.

Thanks be to God.

The Psalm (112:1-9)

Hallelujah!

**Happy are they who fear the Lord
and have great delight in the divine commandments!**

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

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

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

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

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

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

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

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

The Psalm Prayer

God of light,
teach us to love each other as you love us, that we may bring peace and joy to the world, and rejoice in the kingdom of your Son, Jesus Christ our Lord. Amen.

The Second Reading

A reading from Paul's First Letter to the Corinthians (2:1-16)

And so it was with me, brothers and sisters. When I came to you, I did not come with eloquence or human wisdom as I proclaimed to you the testimony about God. For I resolved to know nothing while I was with you except Jesus Christ and him crucified. I came to you in weakness with great fear and trembling. My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power, so that your faith might not rest on human wisdom, but on God's power.

We do, however, speak a message of wisdom among the mature, but not the wisdom of this age or of the rulers of this age, who are coming to nothing. No, we declare God's wisdom, a mystery that has been hidden and that God destined for our glory before time began. None of the rulers of this age understood it, for if they had, they would not have crucified the Lord of glory. However, as it is written:

“What no eye has seen,
 what no ear has heard,
and what no human mind has conceived”—
 the things God has prepared for those who love him—
these are the things God has revealed to us by his Spirit.

The Spirit searches all things, even the deep things of God. For who knows a person's thoughts except their own spirit within them? In the same way no one knows the thoughts of God except the Spirit of God. What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us. This is what we speak, not in words taught us by human wisdom but in

words taught by the Spirit, explaining spiritual realities with Spirit-taught words. The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit. The person with the Spirit makes judgments about all things, but such a person is not subject to merely human judgments, for,

“Who has known the mind of the Lord
so as to instruct him?”

But we have the mind of Christ.

The word of the Lord.
Thanks be to God.

To you, O Lord, I lift up my soul;
O my God, in you I trust.

You are the God of my salvation,
To you, O Lord, I lift up my soul.

In you I hope all the day long.
O my God, in you I trust.

Remember, Lord, your compassion and love,
for they are from everlasting.

To you, O Lord, I lift up my soul;
O my God, in you I trust.

Gospel Hymn CP393 *Immortal, Invisible, God Only Wise*

**Immortal, invisible, God only wise,
in light inaccessible hid from our eyes;
most blessed, most glorious, the Ancient of Days,
almighty, victorious, thy great name we praise.**

**Unresting, unhaesting, and silent as light,
nor wanting, nor wasting, thou rulest in might;
thy justice like mountains high soaring above
thy clouds which are fountains of goodness and love.**

**To all life thou givest, to both great and small;
in all life thou livest, the true life of all;
we blossom and flourish as leaves on the tree,
and wither and perish, but nought changeth thee.**

**Great Source of all glory and wisdom and light,
thine angels adore thee, all veiling their sight;
all laud we would render: O help us to see
'tis only the splendour of light hideth thee.**

Please be seated.

The Gospel Reading

The Holy Gospel of our Lord Jesus Christ
according to Matthew (5:13-20)

“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

“You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

“Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished. Therefore, anyone who sets aside one of the least of these commands and teaches others accordingly will be called least in the kingdom of heaven, but whoever practices and teaches these commands will be called great in the kingdom of heaven. For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven.

The Gospel of Christ.
Praise to you, Lord Jesus Christ.

The Sermon *Don Winslow*

A silence for reflection is kept following the sermon.

The Congregation stands at the invitation of the Officiant.

The Apostles' Creed

Let us confess the faith of our baptism.

**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.**

Offertory Hymn CP502 You Are Salt of the Earth

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!

*Bring forth the kingdom of mercy
Bring forth the kingdom of peace;
Bring forth the kingdom of justice.
Bring forth the city of God!*

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:

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:

We are a blessed and a pilgrim people.
Bound for the kingdom of God!
Love our journey and love our homeland:
Love is the kingdom of God!

Refrain:

As you are able, please remain standing.

The Offertory Prayer

Let us pray.

God of steadfast love,
may our offering this day, by the power of your Holy
Spirit, renew us for your service. We ask this in the name
of Jesus Christ the Lord. Amen.

The Prayers of the People

Either kneeling or sitting, let us pray.

In our prayers, we give thanks for God's goodness;
we pray for others as well as for ourselves;
and we offer our lives in Christ's service.

All this we do because we believe in the presence among us
of our Saviour Jesus Christ,
and in the mighty power of the Holy Spirit.

After each Intercession the response is:

Lord, in your mercy.

Hear our prayer.

Gracious God,
you have heard the prayers of your faithful people.
You know our needs before we ask
and our ignorance in asking.
Grant our requests as may be best for us.
This we ask in the name of your Son,
Jesus Christ our Lord. Amen.

Holy and everliving God,
by your power we are created
and by your love we are redeemed.
Guide and strengthen us by your Spirit,
that we may give ourselves in love and service
to one another and to you this coming week;
through Jesus Christ our Lord. Amen.

Closing Hymn *My Lighthouse*

In my wrestling, and in my doubts,
In my failures, You won't walk out.
Your great love will lead me through;
You are the peace in my troubled sea, whoa oh,
You are the peace in my troubled sea.

In the silence, You won't let go.
In the questions, Your truth will hold.
Your great love will lead me through;
You are the peace in my troubled sea, whoa oh,
You are the peace in my troubled sea.

*My Lighthouse, my Lighthouse
shining in the darkness, I will follow You!
Oh, my Lighthouse, my Lighthouse,
I will trust the promise;
You will carry me safe to shore,
safe to shore,
safe to shore,
safe to shore.*

I won't fear what tomorrow brings.
With each morning, I'll rise and sing.
My God's love will lead me through;
You are the peace in my troubled sea, whoa oh,
You are the peace in my troubled sea.

Refrain:

Fire before us, You're the brightest
You will lead us through the storms.

Fire before us, You're the brightest
You will lead us through the storms.
Hey!

*My Lighthouse, my Lighthouse
shining in the darkness, I will follow You!
Oh, my Lighthouse, my Lighthouse,
I will trust the promise;
You will carry me safe to shore,
safe to shore,
safe to shore,
safe to shore.*

The Benediction

**May the peace of God our heav'nly Father,
and the grace of Christ the risen Son,
and the fellowship of God the Spirit
keep our hearts and minds within His love.
And to Him be praise for His glorious reign,
from the depths of earth to the heights of heav'n.
We declare the name of the Lamb once slain:
Christ eternal, the King of kings!**

**May this peace which passes understanding,
and this grace which makes us what we are,
and this fellowship of His communion
make us one in spirit and in heart.
And to Him be praise for His glorious reign,
from the depths of earth to the heights of heav'n.
We declare the name of the Lamb once slain:
Christ eternal, the King of kings!**

The Dismissal

Go forth to follow the Light
that has come into the world.
Thanks be to God.

We are so glad you have joined us today for worship.

***Are you new to St. John's? We encourage you to stay
for coffee hour and introduce yourself to one of the
clergy.***

***Would you like a visit? We'd be happy to visit with you at
your home, in a coffee shop or at the church for pastoral
conversation and/or home communion at your request.***

Please call the office and one of the clergy will get back to you. 705.944.5350

If you experience a pastoral emergency (someone in the hospital or in urgent need) you can call our priest, The Rev. Canon Susan Spicer at 705.886.0057

Are you on the parish mailing and email list? If you would like to be, please let the office know.

Our Leaders Today

<i>Officiant</i>	The Rev. Deb Wilson
<i>Preacher</i>	Don Winslow
<i>Pianist & Music Director</i>	Linda Parsons
<i>Organist</i>	Sylvia Amesbury
<i>Crucifer</i>	John Amesbury
<i>Reader</i>	Sarah Bloom
<i>Intercessor</i>	Kim Bagg
<i>Technical Team</i>	Ben Conrad & Hayley Bagg

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A community church in the Anglican Tradition.

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