



The Anglican Parish of
Saint Barnabas

February 7, 2021
5th Sunday after the Epiphany
Service of Holy Communion

Welcome to St. Barnabas Anglican Church

Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.

Our Lord Jesus Christ said: Hear O Israel, The Lord our God is one Lord; and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbour as thyself. On these two commandments hang all the Law and the Prophets.

Lord, have mercy upon us, and write both these thy laws in ours hearts, we beseech thee.

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

The Lord be with you;

And with thy spirit.

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.**

1st Reading: Isaiah 40:21-31

Jutta Hinrichs

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.

Psalm 147:1-12, 21C

Jutta Hinrichs

Refrain: Praise the Lord who heals the broken-hearted.

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. **Refrain**

He heals the broken-hearted and binds up their wounds. He counts the number of the stars and calls them all by their names. **Refrain**

Great is our Lord and 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. **Refrain**

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. **Refrain**

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! **Refrain**

Hymn: "Praise, My Soul"

Praise, my soul, the King of Heaven;
to his feet your tribute bring;
ransomed, healed, restored, forgiven,
evermore his praises sing.
Alleluia, alleluia,
praise the everlasting King.

Praise him for his grace and favour
to our forebears in distress;
praise him, still the same forever,
slow to chide and swift to bless;
alleluia, alleluia,
glorious in his faithfulness.

The Holy Gospel of our Lord Jesus Christ according to St. Mark 1:29-39

The Rev. Marcus Herrel

Glory be to thee, O Lord.

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 be to thee, O Christ.

I believe in one God the Father Almighty, Maker of heaven and earth, And of all things visible and invisible:

And in one Lord Jesus Christ, the only-begotten Son of God, Begotten of the Father before all worlds; God, of God; Light, of Light; Very God, of

very God; Begotten, not made; Being of one substance with the Father; Through whom all things were made: Who for us and for our salvation came down from heaven, And was incarnate by the Holy Ghost of the Virgin Mary, And was made man, And was crucified also for us under Pontius Pilate. He suffered and was buried, And the third day he rose again according to the Scriptures, And ascended into heaven, And sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead: Whose kingdom shall have no end.

And I believe in the Holy Ghost, The Lord, The Giver of Life, Who proceedeth from the Father and the Son, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets. And I believe One, Holy, Catholic, and Apostolic Church. I acknowledge one Baptism for the remission of sins. And I look for the Resurrection of the dead, And the Life of the world to come. Amen.

Sermon

The Rev. Jerrod McCormack

Musical Interlude

Blessed be thou, Lord God of Israel, for ever and ever. All that is in the heaven and in the earth is thine. All things come of thee, and of thine own have we given thee. 1 Chronicles 29:10, 11, 14

Let us pray for Christ's holy Catholic Church.

In our Diocese, we pray for St. Peter, Calgary: The Rev. Jagdutt Singh, The Rev. Rosemary Bishop.

We pray for members of our parish family: Mark Francis; Al Furneaux and Doreen Chyz; Tim Galvon.

We pray for those in need of God's healing gifts: Don Lee, Holly, Liz Othen, Ayden, Bert and Marian Standring, Margaret Klarholm and family, Gerry Morris and family, Pat Barton, Melissa Butler, Andy St. Onge, Arlene Parsons, Ashley Croker, Shelagh Gregory.

Almighty and everliving God, who by thy holy Apostle hast taught us to make prayers and supplications, and to give thanks, for all people: We humbly beseech thee most mercifully to accept our alms and oblations, and to receive these our prayers, which we offer unto thy Divine Majesty; beseeching thee to inspire continually the universal Church with the spirit of truth, unity, and concord: And grant that all they that do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

We beseech thee also to lead all nations in the way of righteousness; and so to guide and direct their governors and rulers, that thy people may enjoy the blessings of freedom and peace: And grant unto thy servant Elizabeth our Queen, and to all that are put in authority under her, that they may truly and impartially administer justice, to the maintenance of thy true religion and virtue.

Give grace, O heavenly Father, to all Bishops, Priests, and Deacons, and specially to thy servant Greg our Bishop, that they may both by their life and doctrine set forth thy true and living Word, and rightly and duly administer thy holy Sacraments: Prosper, we pray thee, all those who proclaim the Gospel of thy kingdom among the nations: And to all thy people give thy heavenly grace, and specially to this congregation here present, that, with meek heart and due reverence, they may hear and receive thy holy Word; truly serving thee in holiness and righteousness all the days of their life.

And we most humbly beseech thee of thy goodness, O Lord, to comfort and succour all them, who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity, especially those for whom our prayers are desired.

We remember before thee, O Lord, all thy servants departed this life in thy faith and fear: and we bless thy holy Name for all who in life and death have glorified thee; beseeching thee to give us grace that, rejoicing in their fellowship, we may follow their good examples, and with them be partakers of thy heavenly kingdom.

Grant this, O Father, for Jesus Christ's sake, our only Mediator and Advocate, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. **Amen.**

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead the new life, following the commandments of God, and walking from henceforth in his holy ways: Draw near with faith, and take this holy Sacrament to your comfort; and make your humble confession to Almighty God.

Almighty God, Father of our Lord Jesus Christ, Maker of all things, Judge of all people: We acknowledge and confess our manifold sins and wickedness, Which we from time to time most grievously have committed, By thought, word, and deed, Against thy Divine Majesty. We do earnestly repent, And are heartily sorry for these our misdoings. Have mercy upon us, most merciful Father; For thy Son our Lord Jesus Christ's sake, Forgive us all that is past; And grant that we may ever hereafter

Serve and please thee In newness of life, To the honour and glory of thy Name; Through Jesus Christ our Lord. Amen.

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him: Have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord. Amen.

Hear what comfortable words our Saviour Christ saith unto all that truly turn to him.

Come unto me all that labour and are heavy laden, and I will refresh you.
St. Matthew 11:28

God so loved the world, that he gave his only begotten Son, to the end that all that believe in him should not perish, but have eternal life. St. John 3:16

Hear also what Saint Paul saith. This is a true saying, and worthy of all to be received, that Christ Jesus came into the world to save sinners.
1 Timothy 1:15

Hear also what Saint John saith. If anyone sins, we have an Advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins.
1 St. John 2:1-2

The Lord be with you;
And with thy spirit.
Lift up your hearts;
We lift them up unto the Lord.

Let us give thanks unto our Lord God;
It is meet and right so to do.

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God, Creator and Preserver of all things.

Therefore, with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee and saying:

Holy, Holy, Holy, Lord God of hosts, Heaven and earth are full of thy glory. Glory be to thee, O Lord Most High.

Blessed is he that cometh in the Name of the Lord: Hosanna in the highest.

Blessing and glory and thanksgiving be unto thee Almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the Cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memorial of that his precious death, until his coming again.

Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood; who, in the same night that he was betrayed, took Bread; and, when he had given thanks, he brake it; and gave it to his disciples, saying, Take, eat; this is my Body which is given for you: Do this in remembrance of me. Likewise after supper he took the Cup; and, when he had given thanks, he gave it to them, saying, Drink ye all, of this; for this is my Blood of the new Covenant, which is shed for you and for many for the remission of sins: Do this, as oft as ye shall drink it, in remembrance of me.

Wherefore, O Father, Lord of heaven and earth, we thy humble servants, with all thy holy Church, remembering the precious death of thy beloved Son, his mighty resurrection, and glorious ascension, and looking for his coming again in glory, do make before thee, in this sacrament of the holy Bread of eternal life and Cup of everlasting salvation, the memorial which he hath commanded; And we entirely desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving, most humbly beseeching thee to grant, that by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church may obtain remission of our sins, and all other benefits of his passion; And we pray that by the power of thy Holy Spirit, all we who are partakers of this holy Communion may be fulfilled with thy grace and heavenly benediction; through Jesus Christ our Lord, by whom and with whom, in the unity of the Holy Spirit, all honour and glory be unto thee, O Father Almighty, world without end. **Amen.**

The peace of the Lord be always with you;
And with thy spirit.

We do not presume to come to this thy Table, O merciful Lord, Trusting in our own righteousness, But in thy manifold and great mercies. We are

not worthy So much as to gather up the crumbs under thy Table. But thou art the same Lord, Whose property is always to have mercy: Grant us therefore, gracious Lord, So to eat the Flesh of thy dear Son Jesus Christ, And to drink his Blood, That our sinful bodies may be made clean by his Body, And our souls washed through his most precious Blood, And that we may evermore dwell in him, And he in us. Amen.

**O Lamb of God, that takest away the sin of the world, have mercy upon us.
O Lamb of God, that takest away the sin of the world, have mercy upon us.
O Lamb of God, that takest away the sin of the world, grant us thy peace.**

The Body of our Lord Jesus Christ, which was given for thee, preserve thy body and soul unto everlasting life: Take and eat this in remembrance that Christ died for thee, and feed on him in thy heart by faith with thanksgiving.

Hymn: "Just As I Am"

Just as I am, without one plea,
but that thy blood was shed for me,
and that thou biddest me come to
thee,
O Lamb of God, I come, I come.

Just as I am, though tossed about
with many a conflict, many a
doubt,
fightings and fears within, without,
O Lamb of God, I come, I come.

Let us pray.

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 them that 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.

Almighty and everliving God, we most heartily thank thee that thou dost graciously feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Saviour Jesus Christ; assuring us thereby of thy favour and goodness towards us; and that we are living members of his mystical body, which is the blessed company of all faithful people; and are also heirs through hope of thy everlasting kingdom.

And here we offer and present unto thee, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee. And although we are unworthy, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offences; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. Amen.

Glory be to God on high, and in earth peace, good will towards men. We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy great glory, O Lord God, heavenly King, God the Father Almighty.

O Lord, the only-begotten Son, Jesu Christ; O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy upon us. Thou that takest away the sin of the world, receive our prayer. Thou that sittest at the right hand of God the Father, have mercy upon us.

For thou only art holy; thou only art the Lord; thou only, O Christ, with the Holy Ghost, art most high in the glory of God the Father. Amen.

The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord: And the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you and remain with you always. **Amen.**

Announcements

Hymn: "Amazing Grace"

Amazing grace! How sweet the sound
that saved a wretch like me!
I once was lost, but now am found:
was blind, but now I see.

'Twas grace that taught my heart to fear,
and grace my fears relieved;
how precious did that grace appear
the hour I first believed!

When we've been here ten thousand years,
bright shining as the sun,
we've no less days to sing God's praise
than when we'd first begun.

Dismissal



We pray for Christ's Holy Catholic Church: ACC: The Rt. Rev. John Watton, Bishop, and the people and clergy of the Diocese of Central Newfoundland. ELCIC: The dean, council, and congregations of the Two Rivers, Nith Valley and Niagara Areas of the Eastern Synod.

We pray for our Companion Diocese of the Windward Isles: Holy Trinity, Castries with St. Mary La Caye, on St. Lucia: The Ven. Christian Glasgow.

CCLI Licence #11392823. Readings for February 14: 2 Kings 2:1-12; Psalm 50:1-6; 2 Corinthians 4:3-6; Mark 9:2-9.

Curbside Communion: Please come to St. Barnabas between noon and 1:00 PM today to receive communion in your car. Wear a mask, bring hand sanitizer, and please turn off your engine while parked on either side of 7th Avenue NW. We will bring communion to you in your car. Reservations are not required.

Curbside Communion will be held on the first Sunday of the month.

Shrove Tuesday Pancakes Online! On Tuesday, February 16th, assemble your own pancakes and join us on Zoom for a virtual Shrove Tuesday Pancake Supper! There will be stories and Lent trivia to keep you and your family entertained over the supper hour. The Zoom link goes live at 5:30 PM. See you then!

The Palliser Deanery will host an Ash Wednesday service on Zoom, February 17th at 7:30 PM. The link is in the e-news.

Offering envelopes for 2021 have been prepared for those who requested them; please contact the office if you would like to stop by and pick them up. Alternatively, a regular envelope marked with the envelope number, or leftover 2020 envelopes can also be used.

Received Christmas cards in the mail? We collect used postage stamps on behalf of the Canadian Bible Society which sells them, with the proceeds used to purchase Bible for their prison ministry. Contact the office to arrange for drop off – or hang on to them until in-person worship resumes.

Refer to the emailed e-news for the link to the Zoom coffee hour on Sunday and Bible study on Wednesday. Coffee hour starts at 1:00 PM; Bible study at 10:00 AM. Bible study readings for February 10 are Psalm 34 and John 19:31-end.

Calgary Alliance for the Common Good will present a webinar, “Building Self-Care Practices in Stressful Times” on Wednesday, February 17, 2021 from 7:00 to 9:00 PM. During and after stressful events, even more so if events are cumulative such as in a pandemic, it is important to recognize that self-care can sometimes be more complex and changeable than simply attending to bubble baths and bedtimes. This webinar, taken from material designed primarily by Alberta Health Services, will provide ideas and resources for your personal self-care during and after the pandemic to support your physical, mental, emotional, and spiritual health. To register, go to <https://www.calgarycommongood.org/>, then to the Events page.

Outreach Update

St. Valentine’s Day is in February and, in this spirit, we are asking parishioners to think from the heart and for the heart.

From the heart: We are putting together Valentine’s packages for residents and staff at the Agape Hospice, which is two blocks from the church. They have 20 residents and 70 staff members. We are looking for donations of trial size hand lotions and hand sanitizers, as well as Valentine’s cards (homemade cards, kid-made cards, or store bought cards with a heartfelt message are all lovely options). Cash donations to go towards buying the listed items would also be welcome. Donations can be dropped off at the church, or contact Cathy Noullett (email cnoullett@gmail.com), who has volunteered to pick up donations. We will collect donations until February 10 and deliver the packages on February 12.

For the heart: In February, we are also launching a year-long fundraising initiative for an automated external defibrillator (AED) to have for use at the church. AEDs are small portable devices which can deliver an electric shock to a person’s heart to allow it to return to a normal beating rhythm. A combination of CPR and an AED could be life-saving for a member of our congregation, or a member of the community who uses our space. The device costs between \$1,300 and \$3,000, and often includes training which we could offer to parishioners. If you are interested in donating, please earmark your contributions to specify that they are for the AED fund.

NOTICE is hereby given that the Annual Meeting of Parishioners (AMP) will be held via Zoom on the 21st day of February 2021 at 11:30 AM, at which time all baptized persons regularly attending Services of Worship in this Parish and receiving communion or otherwise regularly receiving the administrations of the clergy of this Parish are entitled to attend.

The AMP will follow immediately after the worship service which will be held via Zoom at 10:15 AM.

If you wish to attend the meeting, but do not have a device that would allow you to join an online conference, please contact the office at 403-283-3035.

DATED this 19th day of January 2021.

The Rev Kersi Bird, Convenor

The Anglican Parish of St. Barnabas

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Website: www.stbarnabas.ca

Celebrant: The Rev. Kersi Bird

Gospeller: The Rev. Marcus Herrel

Preacher: The Rev. Jerrod McCormack

Organist/Music Director: Margaret Kosa

Reader: Jutta Hinrichs

Technical Arts: Rick Wards, Rick Tapp

Virtual Coffee Hour Host: Jill Stroud

Altar Guild: Mary Douglas, Lisa Mitchell