

## THE FIFTH SUNDAY AFTER EPIPHANY

FEBRUARY 8, 2026

CELEBRATING BLACK HISTORY MONTH

Welcome to the Church of St. Peter and St. Simon-the-Apostle.

The flowers today are given to the glory of Almighty God,  
and in loving memory of two of her grandparents, Robert, and Constance  
from Vanessa Scott.

### **Holy Eucharist at 9.00 am**

The service begins on page 67 of the *Book of Common Prayer*.

*Collect* – Page 134

### **Choral Matins at 10:30 am**

The service begins on page 1 of the *Book of Common Prayer*.

Officiant & Preacher	The Reverend Canon Geoffrey Sangwine
Assisting	Fr Michael, Grace Rockett
Servers	
Music Ministry	Mervin Fick & Choristers of the Parish

*There will be a said celebration of the Holy Eucharist at 12 noon at the High Altar.*

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**Prelude** *Pastorale and Chorale*

FLOR PEETERS

**Hymn 300** *Christ is Made the Sure Foundation*

WESTMINSTER ABBEY

**Opening Sentence** – BCP p. 1

The earth shall be filled with the knowledge of the glory of the LORD, as the waters cover the sea. Habakkuk 2. 14.

O worship the LORD in the beauty of holiness: let the whole earth stand in awe of him. Psalm 96. 9.

## **Invitation to Confession – BCP p. 4**

### **General Confession BCP pp. 4-5**

*Officiant* Almighty and most merciful Father,

*All* **We have erred and strayed from thy ways like lost sheep, we have followed too much the devices and desires of our own hearts, we have offended against thy holy laws, we have left undone those things which we ought to have done, and we have done those things which we ought not to have done; and there is no health in us. But thou, O Lord, have mercy upon us, miserable offenders. Spare thou them, O God, which confess their faults. Restore thou them that are penitent; according to thy promises declared unto all people in Christ Jesu our Lord. And grant, O most merciful Father, for his sake, that we may hereafter live a godly, righteous, and sober life, to the glory of thy holy Name. Amen.**

*The Absolution is given.*

### **The Lord's Prayer – BCP pp. 5-6**

*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 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.**

## **Versicles & Responses – BCP p. 6**

*Officiant* O Lord, open thou our lips;

*All* **And our mouth shall show forth thy praise.**

*Officiant* O God, make speed to save us;

*All* **O Lord, make haste to help us. Please stand.**

*Officiant* Glory be to the Father, and to the Son, and to the Holy Ghost;

*All* **As it was in the beginning, is now, and ever shall be, world without end. Amen.**

*Officiant* Praise ye the Lord;

*All* **The Lord's Name be praised.**

**The Venite – Psalm 95 BCP pp. 6-7 Sung by All**



The Lord God Omnipotent reigneth; / O Come, let us worship.

O come, let us | sing unto · the | Lord:  
let us heartily rejoice in the | strength of | our sal | vation.

Let us come before his | presence with | thanksgiving /  
and show ourselves | glad in | him with | psalms.

For the Lord is a | great | God /  
and a great | King a·bove | all | gods.

In his hand are all the | corners · of the | earth  
and the | strength of · the | hills is · his | also.

The sea is | his and · he | made it  
and his | hands pre | pared the · dry | land.

O come, let us worship and | fall | down  
and | kneel be·fore the | Lord, our | Maker.

For he is the | Lord our | God  
and we are the people of his pasture, | and the | sheep of · his | hand.

To-day, O that ye would | hear his | voice:  
'Harden not your hearts as in the Provocation, and as in the day of Temp | tation  
| in the | wilderness;

When your fathers | tempted | me,  
proved | me, and | saw my | works.

Forty years long was I grieved with that gene | ration, and | said,  
"It is a people that do err in their hearts, for they | have not | known my | ways";

Unto whom I | sware in my | wrath,  
that they should not | enter | into my | rest.'

Glory be to the Father, and | to the | Son,  
and | to the | Holy | Ghost;  
As it was in the beginning, is now, and | ever | shall be,  
world without | end. | A- | men.

The Lord God Omnipotent reigneth; / O Come, let us worship.

### First Lesson Isaiah 58.1-12

Read by Mekhriban Mamedova

*Reader* The first lesson is written in the fifty eighth chapter of the Book of the Prophet Isaiah, beginning at the first verse.

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. <sup>2</sup>Yet day after day they seek me and delight to know my ways, as if they were a nation that practiced righteousness and did not forsake the ordinance of their God; they ask of me righteous judgments, they delight to draw near to God. <sup>3</sup>“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. <sup>4</sup>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. <sup>5</sup>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? <sup>6</sup>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? <sup>7</sup>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? <sup>8</sup>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. <sup>9</sup>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, <sup>10</sup>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. <sup>11</sup>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. <sup>12</sup>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* The word of the Lord. ***All Thanks be to God.***

**Psalm 112-1-10** *Please remain seated*

ANGLICAN CHANT – W.G. ALCOCK

Blessed are they that feareth the Lord, /  
and hath great delight in his commandments.

**2** Their descendents shall be mighty upon earth; /  
the generation of the faithful shall be blessed.

**3** Riches and plenteousness shall be in their house; /  
and their righteousness endureth for ever.

**4** Unto the upright there ariseth up light in the darkness; /  
he is merciful, loving, and righteous.

**5** It is well with them that are merciful and lendeth, /  
and ordereth their affairs with justice.

**6** For they shall never be moved:/  
and the righteous shall be had in everlasting remembrance,

**7** They will not be afraid of any evil tidings; /  
for their heart standeth fast and believeth in the Lord.

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

**9** They hath dispersed abroad and given to the poor, /  
and their righteousness remaineth for ever; they shall hold up their head with honour.

**10** The ungodly shall see it, and it shall grieve: /  
they shall gnash with his teeth and consume away; the desire of the ungodly shall perish.

Glory be to the Father, and to the **Son**  
and **to** the Holy Ghost;

As it was in the beginning, is now, and ever **shall** be  
world with-**out** end. Amen.

## The Second Lesson 1 Corinthians 2.1-16

Read by Paul Faulkner

*Reader* The second lesson is written in second chapter of St Paul's First Epistle to the Corinthians, beginning at the second verse.

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. <sup>2</sup>For I decided to know nothing among you except Jesus Christ, and him crucified. <sup>3</sup>And I came to you in weakness and in fear and in much trembling. <sup>4</sup>My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, <sup>5</sup>so that your faith might rest not on human wisdom but on the power of God. <sup>6</sup>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. <sup>7</sup>But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. <sup>8</sup>None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. <sup>9</sup>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"— <sup>10</sup>these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. <sup>11</sup>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. <sup>12</sup>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. <sup>13</sup>And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual. <sup>14</sup>Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are spiritually discerned. <sup>15</sup>Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny. <sup>16</sup>"For who has known the mind of the Lord so as to instruct him?" But we have the mind of Christ.

*Reader* The word of the Lord. *All* **Thanks be to God.**

**Canticle Te Deum Please stand as able.**

Thomas Norris

We praise ' thee, O ' God; /  
we acknowledge ' thee to ' be the ' Lord.  
All the ' earth doth ' worship thee, /  
the ' Father ' ever ' lasting.

To thee all angels ' cry a'loud /  
the heavens and ' all the ' powers there'in.

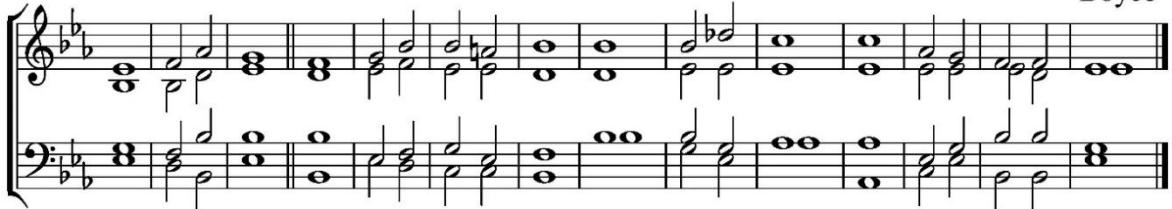
To thee ' cherubim and ' seraphim /  
con'tinual'ly do ' cry

Holy ' holy ' holy /  
Lord ' God ' of ' hosts;  
Heaven and ' earth are ' full /  
of the ' majes·ty ' of thy ' glory.

The glorious company of the a'postles ' praise thee /  
the goodly fellowship ' of the ' prophets ' praise thee;  
The noble army of ' martyrs ' praise thee,  
The holy church throughout all the world ' doth ac'knowledge ' thee,

2<sup>nd</sup> The Father, of an ' infinite ' majesty /  
thine honourable, true and only Son; also the ' Holy ' Ghost, the ' Comforter.

Boyce



Thou art the King of ' glory, O ' Christ. /

Thou art the ever'lasting ' Son of · the ' Father.

When thou tookest upon thee to de'liver ' man /

Thou didst not ab'hor the ' Virgin's ' womb.

When thou hadst overcome the ' sharpness of ' death /

thou didst open the kingdom of ' heaven to ' all be'lievers.

Thou sittest at the right hand of God, in the ' glory · of the ' Father. /

We believe that thou shalt ' come to ' be our ' judge.

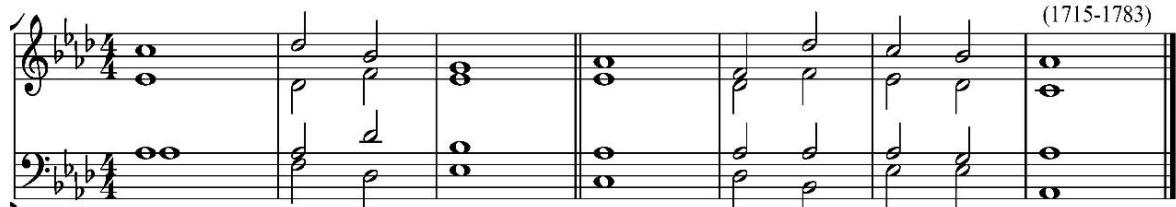
We therefore pray thee, ' help thy ' servants /

whom thou hast redeemed ' with thy ' precious ' blood.

Make them to be numbered ' with thy ' saints /

in ' glory ' ever'lasting.

James Nares  
(1715-1783)



O Lord save thy people and ' bless thine ' heritage; /

Govern them and ' lift them ' up for ' ever.

Day by day we ' magni-fy ' thee; /

and we worship thy Name, ' ever ' world with-out ' end.

Vouchsafe O Lord to keep us this ' day with-out ' sin. /

O Lord have mercy up ' on us, have ' mercy up ' on us.

O Lord let thy mercy lighten upon us, as our ' trust is · in ' thee. /

O Lord, in thee have I trusted: let me ' never ' be con ' founded.

### The Third Lesson Mathew 5.13-20

*Reader* The third lesson is written in the fifth chapter of the Gospel According to St Matthew, beginning at the thirteenth verse.

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." <sup>14</sup>"You are the light of the world. A city built on a hill cannot be hid." <sup>15</sup>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. <sup>16</sup>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. <sup>17</sup>"Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill." <sup>18</sup>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. <sup>19</sup>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. <sup>20</sup>For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

*Reader* The word of the Lord. *All* **Thanks be to God.**

**Hymn 11** *Blessed Be the God of Israel (Benedictus Paraphrase)*

NOEL – CP 141

Blessed be the God of Israel who comes to set us free  
and raises up new hope for us: a Branch from David's tree.  
So have the prophets long declared that with a mighty arm  
God would turn back our enemies and all who wish us harm.

With promised mercy will God still the covenant recall:  
the oath once sworn to Abraham, from foes to save us all;  
that we might worship without fear and offer lives of praise,  
in holiness and righteousness before God all our days.

My child, as prophet of the Lord, you will prepare the way,  
to tell God's people they are saved from sin's eternal sway.  
Then shall God's mercy from on high shine forth and never cease  
to drive away the gloom of death and lead us into peace.

## The Apostles' Creed – BCP pp. 10-11

*Officiant* I believe in God

*All* the Father Almighty, maker of heaven and earth: and in Jesus Christ his only Son our Lord, who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried: he descended into hell; the third day he rose again from the dead; he ascended into heaven, and sitteth on the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Ghost; the holy Catholic Church; the Communion of Saints; the Forgiveness of sins; the Resurrection of the body, and the Life everlasting. Amen.

*Officiant* The Lord be with you;

*All* And with thy spirit.

*Officiant* Let us pray. *Please kneel as able.* Lord, have mercy upon us.

*All* Christ, have mercy upon us.

*Officiant* Lord, have mercy upon us.

*Officiant* Our Father

*All* 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. Amen.

*Officiant* O Lord, show thy mercy upon us;

*All* And grant us thy salvation.

*Officiant* O Lord, save the King;

*All* And mercifully hear us when we call upon thee.

*Officiant* Endue thy ministers with righteousness;

*All* And make thy chosen people joyful.

*Officiant* O Lord, save thy people;

*All* And bless thine inheritance.

*Officiant* Give peace in our time, O Lord;

*All* And evermore mightily defend us.

*Officiant* O God, make clean our hearts within us;

*All* And take not thy Holy Spirit from us.

## The Collects

*Officiant* O Lord God, who seest that we put not our trust in any thing that we do: Mercifully grant that by thy power we may be defended against all adversity; through Jesus Christ our Lord. **Amen.**

*Collect of the Day*

*Officiant* O God, who art the author of peace and lover of concord, in knowledge of whom standeth our eternal life, whose service is perfect freedom: defend us thy humble servants in all assaults of our enemies; that we, surely trusting in thy defence, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. **Amen.**

*Collect for Peace*

*Officiant* O Lord our heavenly Father, Almighty and everlasting God, who hast safely brought us to the beginning of this day: defend us in the same with thy mighty power; and grant that this day we fall into no sin, neither run into any kind of danger; but that all our doings may be ordered by thy governance, to do always that is righteous in thy sight; through Jesus Christ our Lord. **Amen.**

*Collect for Grace*

**Anthem** *Show Me the Way*

SPIRITUAL - ARR. B. PRICE

**Homily**

**Offertory Hymn 502** *You Are Salt of the Earth*

BRING FORTH THE KINGDOM

**Prayers**

Led by Spencer Higgins

**General Thanksgiving – BCP pp. 13-14**

*Officiant* Almighty God,

*All* Father of all mercies, we thine unworthy servants do give thee most humble and hearty thanks for all thy goodness and loving-kindness to us and to all people. We bless thee for our creation, preservation, and all the blessings of this life; but above all for thine inestimable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And we beseech thee, give us that due sense of all thy mercies, that our hearts may be unfeignedly thankful, and that we show forth thy praise, not only with our lips, but in our lives; by giving up ourselves to thy service, and by walking before thee in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. **Amen.**

## Prayer of St Chrysostom – BCP p. 15

*Officiant* Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy Name thou wilt grant their requests: Fulfil now, O Lord, the desires and petitions of thy servants, as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting. **Amen.**

## The Grace

*All* **The grace of our Lord Jesus Christ, and the love of God,  
and the fellowship of the Holy Spirit, be with us all evermore. Amen.**

## Announcements

**Hymn 393** *Immortal, Invisible*

ST DENIO

**Postlude** *Andante (dorisch)*

FLOR PEETERS

*CCLI License Number: 20651739*

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## Holy Eucharist at 12.00 noon

The service begins on page 185 of the *Book of Alternative Services*.

*Celebrant* – Fr Michael. Worshippers are invited to sit in the choir stalls.



## In our Prayers this Week

The Anglican Communion Hong Kong Sheng Kung Hui.

Diocesan Cycle of Prayer Holland Deaneery.

Outreach & Advocacy Cycle of Prayer 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;

and 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 Rees Pepperell and family, Carol Faye Petricko, Marjorie Philip.

Home Bound Parishioners Marie Adams, Alice Fox, Dennis Gittens, Lorraine Griffith, Sabrina Hogan, Marian McPherson, Denise Orieux, Everton Morris, Lucy Simons, Rex Southgate, Vernita Theobolds, Duncan Towe, Lila Vamosi, Vashti White.