



**St. Mary
& St. Martha**
ANGLICAN CHURCH

Seek Me & Live

A Journey Through Amos



Sunday, January 29, 2023

Communion Service

10:30am

Welcome to St. Mary & St. Martha!

This booklet will hopefully help make you feel more comfortable, especially if this is new to you.

Liturgical worship simply means we follow a particular order of service that is grounded in liturgy or "the work of the people". We use a liturgical form of service for our gatherings because we are not putting on a show for people to watch. Rather, the liturgy walks us through the wonderful story of Jesus Christ in a sequence that brings home the good news of God's grace to us. Each week we are brought back to the strange and amazing story of God with us. Today, our service is grounded in Book of Common Prayer (BCP), which finds its roots in the original prayer book when the Anglican Church began in the 1500s. The BCP is basically scripture, re-ordered.

If this is new to you please join in only when you are comfortable. You'll get the hang of it after a few goes. Look out for **Stand, Sit,** and **Sit/Kneel** instructions or just follow what your neighbour is doing (assuming they have been here before). In general, we stand to praise, sit to learn and sit/kneel to pray. Bold print directs you to join in unison.

We recognize the enduring presence of Indigenous people connected to and on this land. We are grateful for the opportunity to gather on this territory and work in this community, and we commit ourselves to the work of reconciliation with Indigenous peoples.

The Gathering

Stand

Grace, mercy and peace from God our Father and the Lord Jesus Christ be with you. **And also with you.**

Call to Worship: Immortal, Invisible, God Only Wise

Stand

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 unhasting

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 naught changeth thee

Great Father of glory
Pure Father of light
Thine angels adore thee
All veiling their sight
All praise we would render
O help us to see
'Tis only the splendor
Of light hideth thee
Amen

Welcome

Stand

Mark Regis, Rector (*Sr. Pastor*)

Prayers of Preparation

Sit/Kneel

Almighty God to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name, through Christ our Lord. Amen.

The Great Commandments

Sit/Kneel

Our Lord Jesus Christ said; The first commandment is this: 'Hear, O Israel, the Lord our God is the only Lord. You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.'

The second is this: 'Love your neighbour as yourself.' There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

**Lord, have mercy upon us,
and write all these your laws in our hearts.**

The Collect

Sit/Kneel

God our creator, who in the beginning commanded the light to shine out of darkness: we pray that the light of the glorious gospel of Christ may dispel the darkness of ignorance and unbelief, shine into the hearts of all your people, and reveal the knowledge of your glory in the face of Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

Children's Moment

Sit

Mark Regis, Rector (*Sr. Pastor*)

Young people are invited to come forward.

Hymn: When We Walk With the Lord

Stand

When we walk with the Lord, in the light of His word,
What a glory He sheds on our way;
While we do His good will, He abides with us still,
And with all who will trust and obey.

*Trust and obey, for there's no other way
To be happy in Jesus, but to trust and obey.*

Not a shadow can rise, not a cloud in the skies,
But His smile quickly drives it away;
Not a doubt nor a fear, not a sigh nor a tear,
Can abide while we trust and obey.

Then in fellowship sweet, we will sit at His feet,
Or we'll walk by His side in the way;
What He says we will do, where He sends we will go;
Never fear, only trust and obey.

Proclamation of the Word

Sit

First Reading

A reading from Amos chapter four, beginning at the first verse.

4 Hear this word, you cows of Bashan on Mount Samaria,
you women who oppress the poor and crush the needy
and say to your husbands, 'Bring us some drinks!'

²The Sovereign Lord has sworn by his holiness:

'The time will surely come
when you will be taken away with hooks,
the last of you with fishhooks.

³You will each go straight out
through breaches in the wall,
and you will be cast out towards Harmon,'

declares the Lord.

⁴'Go to Bethel and sin;
go to Gilgal and sin yet more.
Bring your sacrifices every morning,
your tithes every three years.

⁵Burn leavened bread as a thank-offering
and brag about your freewill offerings –
boast about them, you Israelites,
for this is what you love to do,'
declares the Sovereign Lord.

⁶'I gave you empty stomachs in every city
and lack of bread in every town,
yet you have not returned to me,'
declares the Lord.

⁷'I also withheld rain from you
when the harvest was still three months away.

I sent rain on one town,
but withheld it from another.
One field had rain;
another had none and dried up.

⁸ People staggered from town to town for water
but did not get enough to drink,
yet you have not returned to me,'
declares the Lord.

⁹ 'Many times I struck your gardens and vineyards,
destroying them with blight and mildew.
Locusts devoured your fig and olive trees,
yet you have not returned to me,'
declares the Lord.

¹⁰ 'I sent plagues among you
as I did to Egypt.
I killed your young men with the sword,
along with your captured horses.
I filled your nostrils with the stench of your camps,
yet you have not returned to me,'
declares the Lord.

¹¹ 'I overthrew some of you
as I overthrew Sodom and Gomorrah.
You were like a burning stick snatched from the fire,
yet you have not returned to me,'
declares the Lord.

¹² 'Therefore this is what I will do to you, Israel,
and because I will do this to you, Israel,
prepare to meet your God.'

¹³ He who forms the mountains,
who creates the wind,
and who reveals his thoughts to mankind,
who turns dawn to darkness,
and treads on the heights of the earth –
the Lord God Almighty is his name.

Amos 4.1-13

This is the word of the Lord.

Thanks be to God.

Psalm

A reading from Psalm 81.

- ¹ Sing for joy to God our strength;
shout aloud to the God of Jacob!
- ² Begin the music, strike the tambourine,
play the melodious harp and lyre.
- ³ Sound the ram's horn at the New Moon,
and when the moon is full, on the day of our Feast;
- ⁴ this is a decree for Israel,
an ordinance of the God of Jacob.
- ⁵ When God went out against Egypt,
he established it as a statute for Joseph.
I heard an unknown voice say:
- ⁶ 'I removed the burden from their shoulders;
their hands were set free from the basket.
- ⁷ In your distress you called and I rescued you,
I answered you out of a thundercloud;
I tested you at the waters of Meribah.
- ⁸ Hear me, my people, and I will warn you –
if you would only listen to me, Israel!
- ⁹ You shall have no foreign god among you;
you shall not worship any god other than me.
- ¹⁰ I am the Lord your God,
who brought you up out of Egypt.
Open wide your mouth and I will fill it.
- ¹¹ 'But my people would not listen to me;
Israel would not submit to me.
- ¹² So I gave them over to their stubborn hearts
to follow their own devices.
- ¹³ 'If my people would only listen to me,
if Israel would only follow my ways,
- ¹⁴ how quickly I would subdue their enemies
and turn my hand against their foes!

¹⁵ Those who hate the Lord would cringe before him,
and their punishment would last for ever.

¹⁶ But you would be fed with the finest of wheat;
with honey from the rock I would satisfy you.'

Psalm 81

Glory to the Father, and to the Son, and to the Holy Spirit; **As it was in the beginning, is now, and ever shall be, world without end. Amen.**

Gospel Acclamation: *Jubilate Deo, Taizé Community*
Jubilate Deo, jubilate Deo, alleluia!

Stand

Gospel Reading

Stand

Hear the Gospel of our Lord Jesus Christ according to Matthew chapter ten, beginning at the fifth verse;

Glory to you, O Lord.

⁵ These twelve Jesus sent out with the following instructions: 'Do not go among the Gentiles or enter any town of the Samaritans. ⁶Go rather to the lost sheep of Israel. ⁷As you go, proclaim this message: "The kingdom of heaven has come near."⁸ Heal those who are ill, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give.

⁹'Do not get any gold or silver or copper to take with you in your belts – ¹⁰no bag for the journey or extra shirt or sandals or a staff, for the worker is worth his keep. ¹¹Whatever town or village you enter, search there for some worthy person and stay at their house until you leave. ¹²As you enter the home, give it your greeting. ¹³If the home is deserving, let your peace rest on it; if it is not, let your peace return to you.

¹⁴ If anyone will not welcome you or listen to your words, leave that home or town and shake the dust off your feet. ¹⁵ Truly I tell you, it will be more bearable for Sodom and Gomorrah on the day of judgment than for that town.

Matthew 10.5-15

This is the Gospel of the Lord.
Praise to you, O Christ.

Gospel Acclamation *continued*

The Nicene Creed

Stand

Do you believe and trust in God the Father?

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

Do you believe and trust in his Son Jesus Christ?

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven, was incarnate from the Holy Spirit and the Virgin Mary and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

Do you believe and trust in the Holy Spirit?

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

Hymn: Be Still, My Soul

Stand

Be still my soul the Lord is on thy side
Bear patiently the cross of grief or pain
Leave to thy God to order and provide
In ev'ry change He faithful will remain
Be still my soul thy best thy heav'nly Friend
Through thorny ways leads to a joyful end

Be still my soul thy God doth undertake
To guide the future as He has the past
Thy hope thy confidence let nothing shake
All now mysterious shall be bright at last
Be still my soul the waves and winds still know
His voice who ruled them while He dwelt below

Be still my soul when dearest friends depart
And all is darkened in the vale of tears
Then shalt thou better know His love His heart
Who comes to soothe thy sorrow and thy fears
Be still my soul thy Jesus can repay
From His own fullness all He takes away

Be still my soul the hour is hastening on
When we shall be forever with the Lord
When disappointment grief and fear are gone
Sorrow forgot love's purest joys restored
Be still my soul when change and tears are past
All safe and blessed we shall meet at last

Sermon

Sit

Sonya Lawley, Lay Pastoral Associate

You can also view our sermons again online at stmaryandstmartha.org

Reflection: Instrumental

Sit

Offertory

Sit

In our offertory we offer our praise and thanksgiving, and the gifts of bread and wine to the glory of God. We also offer our financial support to the ongoing gospel ministry of St. Mary & St. Martha. For electronic means of giving, visit our website at: www.stmaryandstmartha.org/give

Thank you for the offering of yourselves and your gifts to our shared ministry.

Offertory Hymn: Take My Heart With Altar Fire

Sit

All seeing God, you see my deeds;

You see my faults by light of day.

You see my sins concealed in darkness:

Turn my deeds to holy ways;

Turn my deeds to holy ways.

All hearing God, you hear my words;

You hear each lie, each hurtful phrase.

You hear my pride in secret slander:

Turn my tongue to truth and grace;

Turn my tongue to truth and grace.

*Take away my love of sinning,
Straighten every bent desire;
Fix my soul upon your promise:
Take my heart with altar fire;
Take my heart with altar fire.*

All knowing God, you know my heart;
You know my yearnings deep inside;
You know my hidden motivations:
Turn my heart to pure delight;
Turn my heart to pure delight.

Fire of God, consume my heart;
And burn it down to only faith,
Till all that's left of me is only you.
Christ my glory, Christ my praise.

Prayer at the Preparation of the Table

Stand

Blessed are you, Lord, God of all creation: through your goodness we have this bread to set before you, which earth has given and human hands have made. It will become for us the bread of life.

Blessed be God for ever.

Blessed are you, Lord, God of all creation: through your goodness we have this wine to set before you, fruit of the vine and work of human hands. It will become for us the cup of salvation.

Blessed be God for ever.

The Doxology

Stand

Praise God from whom all blessings flow!
Praise Him all creatures here below!
Praise Him above ye heavenly host!
Praise Father, Son and Holy Ghost. Amen.

Blessed are you, Lord, God of all creation: through your goodness we have this money to offer, the fruit of our labour and of the skills you have given us. Take us and our possessions to do your work in the world.

Blessed be God for ever.

Prayers of Intercession

Sit/Kneel

Remaining in God's presence let us pray together; responding to the petition Lord, in your mercy; **with hear our prayer.**

Almighty God we give thanks for your Son Jesus, who is the light of the world, and for your call to us to share in that light. We pray that our Church may be a light to those who live in the darkness of unbelief and reveal to them his love. Hear our prayers of intercession and thanksgiving and show your presence in our daily lives.

Lord in Your mercy; **Hear our prayer**

Faithful God we give thanks for all those offering prayers on behalf of our community, both during worship and those on our prayer teams. As we all journey together in prayer and thanksgiving, we are mindful today of the importance of Christian unity; help us to become the Church that you are calling us all to be, and may your Holy Spirit be powerfully at work among your people.

Lord in Your mercy; **Hear our prayer**

Creator God, you gave us this world and made us stewards of it. We are a world family whom we should care about, despite our differences of race, colour, creed, or gender. Too often we are selfish, only thinking of ourselves, and so we ask you to forgive our selfishness, widen our vision, and help us to be the caring people we ought to be.

Lord in Your mercy; **Hear our prayer**

Father God, we thank you for all who take risks and make sacrifices for others in their daily work, and especially for the men and women who work in our emergency services. Help us to respect and appreciate our fire & rescue, police, and paramedics and bless them with the support of the communities that depend so heavily on them in times of crisis.

Lord in Your mercy; **Hear our prayer**

Loving God, we pray for all those who are suffering physical, emotional, or mental illness. Help them to keep their eyes fixed on you and give them the courage to face the trials and temptations that may come. Especially we pray for..... And we take a moment to offer up those on our hearts and those whose suffering is known to you alone.

Lord in Your mercy; **Hear our prayer**

Merciful God, give rest to the souls of those who have gone from our lives to meet with you. May they now, released from pain or sorrow, find life eternal at rest in your presence. Help those who are saddened by such earthly loss, with the reassurance that one day we too will share the feast with them also.

Lord in Your mercy; **Hear our prayer**

Gracious God, we thank you for this time together in prayer. As we look forward to the week to come, help us to be an example to others and show us the practical steps we need to take to develop consistency and integrity in all that we do in our lives.

Merciful Father; **accept these prayers for the sake of your Son, our Saviour, Jesus Christ. Amen**

Prayers of Penitence

Sit/Kneel

Our Lord Jesus Christ says, 'A new commandment I give you, that you love one another as I have loved you.' Let us confess to almighty God our failure to accept his love and to share it with others.

Almighty God, **Father of our Lord Jesus Christ, maker of all things, judge of all, we acknowledge and confess our many sins, which we have committed by thought, word, and deed, against your divine majesty. We earnestly repent, and are truly sorry for all our misdoings. Have mercy on us, most merciful Father. For your Son our Lord Jesus Christ's sake forgive us all that is past, and grant that from now on we may always serve and please you in lives wholly renewed by your Spirit, to the honour and glory of your name, through Jesus Christ our Lord. Amen.**

Almighty God our heavenly Father, who in his great mercy has promised forgiveness of sins to all who turn to him with heartfelt repentance and true faith: have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to eternal life, through Jesus Christ our Lord. **Amen.**

Consecration

Sit/Kneel

Listen to our Lord Jesus Christ's words of assurance to all who truly turn to him:

Come to me, all you who are weary and burdened, and I will give you rest. *Matthew 11: 28*

For God so loved the world that he gave his one and only Son that whoever believes in him shall not perish but have eternal life.

John 3: 16

The apostle Paul says: Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners.

1 Timothy 1: 15

The apostle John also says: If anybody does sin, we have one who speaks to the Father in our defence-Jesus Christ, the Righteous One. He is the atoning sacrifice for our sins. *1 John 2: 1-2*

The Lord be with you
and also with you.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right to give him thanks and praise.

Living God, Father of light, hope of nations, friend of sinners, builder of the city that is to come: your love is made visible in Jesus Christ. You bring home the lost, restore the sinner and give dignity to the despised. In the face of Jesus Christ your light shines out, flooding lives with goodness and truth, gathering into one a divided and broken humanity. With people from every race and nation, with the Church of all the ages, with apostles, evangelists, and martyrs, we join the angels of heaven in their unending song:

**Holy, holy, holy Lord,
God of power and might,
heaven and earth of your glory are full.
Hosanna hosanna hosanna in the highest.**

**Blessed is he who comes
in the name of the Lord. (repeat)**

Almighty God, our heavenly Father, in your tender mercy you gave your only Son Jesus Christ to suffer death upon the cross for our redemption. He made there, by his once and for all offering of himself, a full, perfect, and sufficient sacrifice for the sins of the whole world. He instituted and in his holy gospel commands us to continue a perpetual memory of his precious death until he comes again.

Hear us, O merciful Father, we humbly pray, and grant that we who receive this bread and wine according to your Son Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood.

On the night that Jesus was betrayed he took bread and, when he had given thanks, he broke 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.

In the same way, after supper, Jesus took the cup and, when he had given thanks, he gave it to them, saying:

Drink this, all of you; this is my blood of the new covenant which is shed for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me.

Accept through Jesus Christ, our great high priest, this our sacrifice of praise and thanksgiving; and as we eat and drink these holy gifts, grant by the power of the life-giving Spirit that we may be made one in your holy Church and partakers of the body and blood of your Son, that he may dwell in us and we in him:

Through the same Jesus Christ our Lord, by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, Almighty Father, for ever and ever. **Amen.**

In the tender mercy of our God the dayspring from on high has broken upon us, to give light to those who dwell in darkness and in the shadow of death and to guide our feet into the way of peace.

The peace of the Lord be always with you
and also with you.

We do not presume to come to this your table, merciful Lord, trusting in our own righteousness, but in your abundant and great mercies. We are not even worthy to gather up the crumbs under your table. But you are the same Lord who delights in showing mercy. Grant us, therefore, gracious Lord, so to eat this bread and to drink this wine, that our bodies and souls may be cleansed by Christ's body and blood, and that we may evermore dwell in him, and he in us. Amen.

We break this bread to share in the body of Christ. Though we are many, we are one body, because we all share in one bread.

Lamb of God, you take away the sin of the world,
have mercy on us.

Lamb of God, you take away the sin of the world,
have mercy on us.

Lamb of God, you take away the sin of the world,
grant us peace.

Communion

Sit

All those who have placed their trust in Jesus as Saviour and Lord, being baptized in any Christian denomination, are welcome to the Lord's table. Please follow the directions of our welcome team. Gluten-free wafers are available upon request from the communion administrant.

Communion Worship: Your Kingdom Come

Sit

Made in perfect love

Innocent we walked as friends of God

Still we turned away

Traded freedom for a life enslaved

Helpless we were lost
Heaven sent the rescue plan of God
Through the love of Christ
We are found and born into new life

*We are watching we are waiting
We are hoping we are praying
We're believing let your kingdom come*

*Father in heaven your name is holy
Yours is the kingdom the pow'r and the glory
God of salvation unfold your story
Yours is the kingdom the pow'r and the glory
(Forever and ever) Amen*

King of endless love
Here on earth as in heaven above
Let your will be done
Wake our hearts and let your kingdom come

Communion Worship: Amazing Grace

Sit

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

The Lord has promised good to me
His Word my hope secures
He will my shield and portion be
As long as life endures

Through many dangers toils and snares
I have already come
'Tis grace hath brought me safe thus far
And grace will lead me home

Yea when this flesh and heart shall fail
And mortal life shall cease
I shall possess within the veil
A life of joy and peace

When we've been there ten thousand years
Bright shining as the sun
We've no less days to sing God's praise
Than when we first begun

The Lord's Prayer

Sit/Kneel

Believing the promises of God, let us pray with confidence as our Saviour has taught us:

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, for ever and ever. Amen.

Prayer After Communion

Almighty and ever-living God, we thank you with all our hearts for feeding us with the spiritual food of the most precious body and blood of your Son, our Saviour Jesus Christ. We acknowledge your love and care for us in making us members of his mystical body, the blessed company of all faithful people, and heirs of eternal life.

And here we offer and present ourselves, soul and body, to be a holy and living sacrifice, through Jesus Christ our Lord, to whom with you and the Holy Spirit be all honour and glory, world without end. Amen.

Generous Lord, in word and eucharist we have proclaimed the mystery of your love: help us so to live out our days that we may be signs of your wonders in the world; through Jesus Christ our Saviour. **Amen.**

The Sending

The Blessing

Sit/Kneel

Christ the Son of God perfect in you the image of his glory and gladden your hearts with the good news of his kingdom; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

Announcements

Sit

Closing Hymn: Praise, My Soul the King of Heaven

Stand

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.

Father-like he tends and spares us;
well our feeble frame he knows;
in his hands he gently bears us,
rescues us from all our foes:
alleluia, alleluia,
widely as his mercy flows.

Frail as summer's flower we flourish;
blows the wind and it is gone;
but, while mortals rise and perish,
God endures unchanging on:
alleluia, alleluia,
praise the high eternal one.

Angels, help us to adore him;
you behold him face to face;
sun and moon, bow down before him,
dwellers all in time and space.
Alleluia, alleluia,
praise with us the God of grace.

The Dismissal

Stand

One in heart and one in mind, and empowered by the Spirit, go
in the peace of Christ.

Thanks be to God.

In our prayers this week:

The Anglican Communion

The Church of Pakistan

The Anglican-Lutheran Cycle of Prayer

ACC: The Provincial Synod of the Ecclesiastical Province of Canada

ELCIC: The dean, council, and congregations of the Ottawa, Ottawa Valley and Seaway Areas of the Eastern Synod

Diocese of Toronto

Holland Deanery

Outreach

Grace Church, Markham; Grace Church, Scarborough; Parish of Haliburton

St. Mary & St. Martha

Evan Smith & Ann Chambers-Smith, Andre & Arielle;
Susan Chapman; Evelyn Chipperfield

Weekly Announcements

(see the seasonal *What's Happening* for further information)

Welcome to all those who are new or visiting St. Mary & St. Martha - we are glad you are here! To find out more about SM&SM, please fill out a connection card online, or speak with a member of the Ministry Team (anyone with a name tag). We also have a weekly newsletter with all the updates about life at SM&SM. Email the office (office@stmaryandstmartha.org) or visit our website (stmaryandstmartha.org) to subscribe. We are excited to meet you!

Play & Praise area available at the back of the sanctuary with toys and activities for families.

Young People jk to grade 12 are invited to participate in the service today.

Annual Meeting of the Vestry Please mark your calendars for our Annual Vestry Meeting, which will be held on Sunday, February 26th after the morning service. Meeting will also be available on Zoom. Vestry materials will be available by February 12th and mailed to vestry members on the mailing list. Please reach out to the office for more information.

As we continue with our winter Sermon Series, **Seek Me and Live: A Journey Though Amos**. Please consider preparing for Sunday by reading Chapters 5 & 6 of Amos in advance of the service. Come and hear what the word of God has to say to the Church today.

Upcoming Events

- Family Day February 20
- Shove Tuesday February 21 (Pancake Day)
- Ash Wednesday February 22 @7pm
- Annual Meeting of the Vestry February 26

Next Sunday, February 5th @10:30
Seek Me and Live: A Journey Through Amos
Amos 4&5

*The flowers at the table are given to the Glory of God
and in thanksgiving for Anderson Rouse, given by Cynthia Rouse.*

Worship:

Sunday @ 10:30am

Wednesday @ noon

Ministry Team

The Rev Mark Regis, Rector | mark@stmaryandstmartha.org | 647 272 4574

Sonya Lawley, Lay Pastoral Associate | sonya@stmaryandstmartha.org | 416 474 2549

Michael Brain, Parish Ministry Coordinator | michael@stmaryandstmartha.org

Avery MacGregor, Family Ministries Pastor | avery@stmaryandstmartha.org

Nicholas Wanstall, Music Ministry Director | nick@stmaryandstmartha.org

Wardens

Sandra Lewis, People's Warden | 416 241 4528

Shirley Radley, Deputy Warden

Carol Lewis, Rector's Warden

Queenie Seiloa, Deputy Warden

Parish Office is Opened Monday through Thursday 10:30am - 3:30pm

  @stmaryandstmartha



**St. Mary
& St. Martha**
ANGLICAN CHURCH

416 766 1887
office@stmaryandstmartha.org