

**February 5, 2025**  
**9:30 am Wednesday Eucharist**

## **THE GATHERING OF THE COMMUNITY**

Presider: The grace of our Lord Jesus Christ, and the love of God,  
and the communion of the Holy Spirit be with you all.

**All: And also with you.**

Presider: We gather here from many places on land that is the  
traditional and unsundered territory of the Halq'emeyn-  
speaking Coast Salish peoples.

**People: May Christ lead us on right pathways as we seek truth  
and reconciliation in action.**

### ***The Collect of the Day***

Presider: Let us pray,

**All: Living God, in Christ you make all things new.  
Transform the poverty of our nature  
By the riches of your grace,  
And in the renewal of our lives  
Make known your glory;  
Through Jesus Christ our Lord,  
Who is alive and reigns with you and the Holy Spirit,  
One God, now and forever. Amen.**

## **THE PROCLAMATION OF THE WORD**

### ***The First Reading: Hebrews 12:4-7 & 11-15***

Reader: A reading from the Letter to the Hebrews,

<sup>4</sup> In your struggle against sin you have not yet resisted to the point of  
shedding your blood. <sup>5</sup> And you have forgotten the exhortation that  
addresses you as children—

'My child, do not regard lightly the discipline of the Lord,  
or lose heart when you are punished by him;  
<sup>6</sup> for the Lord disciplines those whom he loves,  
and chastises every child whom he accepts.'

<sup>7</sup> Endure trials for the sake of discipline. God is treating you as children; for what child is there whom a parent does not discipline?

<sup>11</sup> Now, discipline always seems painful rather than pleasant at the time, but later it yields the peaceful fruit of righteousness to those who have been trained by it. <sup>12</sup> Therefore lift your drooping hands and strengthen your weak knees, <sup>13</sup> and make straight paths for your feet, so that what is lame may not be put out of joint, but rather be healed. <sup>14</sup> Pursue peace with everyone, and the holiness without which no one will see the Lord. <sup>15</sup> See to it that no one fails to obtain the grace of God; that no root of bitterness springs up and causes trouble, and through it many become defiled.

Holy Word, Holy Wisdom.

**All: Thanks be to God.**

### ***The Psalm:103:1-2 & 13-18***

1 Bless the Lord, O my soul, \*  
**and all that is within me, bless God's holy name.**

2 Bless the Lord, O my soul, \*  
**and forget not all the benefits of the Lord.**

13 As parents care for their children, \*  
**so do you, O Lord, care for those who fear you.**

14 For you yourself know whereof we are made; \*  
**you remember that we are but dust.**

15 Our days are like the grass; \*  
**we flourish like a flower of the field;**

16 when the wind goes over it, it is gone, \*  
**and its place shall know it no more.**

17 But your merciful goodness endures forever on those who fear you,  
**and your righteousness on children's children;**

18 on those who keep the covenant \*  
**and remember the commandments and do them.**

### ***The Gospel: Mark 6:1-6***

Reader: The Lord be with you.

**All: And also with you.**

Reader: The Gospel of our Lord Jesus Christ according to.

**All: Glory to you Lord, Jesus Christ.**

Jesus left that place and came to his hometown, and his disciples followed him. <sup>2</sup> On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, 'Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! <sup>3</sup> Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?' And they took offence at him. <sup>4</sup> Then Jesus said to them, 'Prophets are not without honour, except in their home town, and among their own kin, and in their own house.' <sup>5</sup> And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. <sup>6</sup> And he was amazed at their unbelief.

The Gospel of Christ.

**All: Praise to you, Lord Jesus Christ.**

### ***Reflection***

## THE PRAYERS OF THE COMMUNITY

*A member of the community leads us in offering our concerns and thanksgivings to God.*

### ***The Exchange of the Peace***

Presider: May the peace of the Lord be always with you.

**All: And also with you.**

*You are invited to share a sign of God's peace with your neighbours, respecting their comfort with touch.*

## THE HOLY COMMUNION

### *Prayer over the Gifts*

Presider: Let us pray.

**All: Holy God, gracious and merciful, you bring forth food from the earth and nourish your whole creation. Turn our hearts towards those who hunger in any way, that all may know your care; and prepare us now to feast on the bread of life, Jesus Christ our Saviour and Lord. Amen.**

### *the Great Thanksgiving*

*Suppl. EP 1*

Presider: The Lord be with you.

**All: And also with you.**

Presider: Lift up your hearts.

**All: We lift them to the Lord.**

Presider: Let us give thanks to the Lord our God.

**All: It is right to give our thanks and praise.**

Presider: Holy God, Lover of creation, we give you thanks and praise for in the ocean of your steadfast love you bear us and place the song of your Spirit in our hearts. When we turn from your love and defile the earth, you do not abandon us. Your Spirit speaks through your prophets like Huldah and Micah, through sages and saints in every age, to confront our sin and reveal the vision of your new creation. Joining in the song of the universe we proclaim your glory saying:

**All: Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is the One who comes in the name of the Lord.  
Hosanna in the highest.**

Presider: Gracious God, in the fullness of time you sent Jesus the Christ to share our fragile humanity. Through Jesus' life, death, and resurrection you open the path from brokenness to health, from fear to trust, from pride and conceit to reverence for you. Rejected by a world that could not bear the Gospel of life, Jesus knew death was near. His head anointed for burial by an unknown woman, Jesus gathered together those who loved him.

He took bread, gave thanks to you, broke it and gave it to his friends, saying, "Take and eat: this is my body which is given for you. Do this for the remembrance of me." After supper, Jesus took the cup of wine, gave you thanks, and said "Drink this all of you, this is my blood of the new covenant which is shed for you. Whenever you drink it, do this for the remembrance of me." And now we gather at this table in response to his commandment, to share the bread and cup of Christ's undying love, and to proclaim our faith.

**All: Christ has died. Christ is risen. Christ will come again.**

Presider: Breathe your Holy Spirit, the wisdom of the universe, upon these gifts that we bring to you: this bread, this cup, ourselves, our souls and bodies, that we may be signs of your love for all the world and ministers of your transforming purpose. Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, Creator of all, and we bless your holy name for ever.

**All: Amen.**

### ***The Lord's Prayer***

In the language closest to your heart, let us pray as Jesus taught us:  
*(please use the traditional version or another language  
you use for prayer if you desire)*

**All: 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 glory are yours  
now and for ever. Amen.**

### ***The Breaking of the Bread***

Presider: Dear friends in Christ, God bids you welcome to this table. Here we are strengthened for the journey. Here strangers become friends and the seeker finds God's wisdom speaking to them. See who you are and become what you see. These are the gifts of God for the people of God.

**People: Thanks be to God.**

*All who are drawn to Christ are welcome at this table. Bread and wine are shared, but receiving in one kind carries the fullness of Christ's presence. You may also come forward for a blessing instead.*

## ***Prayer after Communion***

Presider: All your works praise you, O God,

**All:       And your faithful servants bless you.  
Gracious God, we thank you for feeding us  
with the body and blood of your Son Jesus Christ.  
May we, who share his body, live his risen life;  
we, who drink this cup, bring life to others;  
we, whom the Spirit lights, give light to the world.  
Keep us firm in the hope you have set before us,  
so that we and all your children shall be free,  
and the whole earth live to praise your name;  
through Christ our Lord. Amen.**

## ***The Dismissal***

Presider: Go in peace to love and serve the Lord.

**All:       Thanks be to God.**

*Please join us for coffee and conversation after this service  
In the Parish Hall Lounge-  
the building facing the cathedral across the walkway.*

### **Sunday's Readings for Epiphany 5, February 9, 2025**

Isaiah 6:1-8; Psalm 138; 1 Corinthians 15:1-11; Luke 5:1-11



## THIS WEEK AT HOLY TRINITY CATHEDRAL

### Thursday

Vespers, 5:30- 6 pm via Zoom+

### Saturday

Community Brunch, 11 am-noon

### Sunday

BCP Eucharist, 8-9 am. \*

Choral Eucharist, 10-11:15 am \*

### Wednesday

Midweek Eucharist, 9:30-10 am\*

Coffee & Fellowship, 10-10:30 am

Bible Study, 10:30-11:30 am

+ link available by signing up for the weekly newsletter on

[www.holytrinitycathedral.ca](http://www.holytrinitycathedral.ca)

*\*live-streamed over Facebook.*

### **\*HOW TO FIND THE LIVE-STREAMED SERVICES:**

go to [www.holytrinitycathedral.ca](http://www.holytrinitycathedral.ca)

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