



Growing Together In Spirit

Sacrament of Holy Communion

Black History Month

February 5, 2023

5th Sunday after Epiphany

Music to Prepare for Worship

*“Come Thou Fount of
Every Blessing”*

By Eugene Butler

Acknowledging the Territory

One: Stittsville United Church is built on the traditional, unceded lands of the Anishinawbe Algonquin people. May we glean wisdom from the Indigenous Knowledge Keepers and Elders, whose footsteps from generation to generation walked gently on Turtle Island when it was all unceded land.

**All: May we all travel together
on a good path with harmony
and respect as we move
toward a healthy, peaceful
future together.**



Words of Welcome

Lighting the Christ Candle



One: As we light this candle, may its warmth symbolize the love that radiates from our very being.

All: This candle represents the light of the soul. It also represents the light of life, the light of Christ, that sparks us into a place of grace.



One: As we light this Christ candle,
may its light be an inspiration for our
worship this day.

Invitation to Worship

One: God created light in the beginning.

All: God calls us to be the light of the world.

One: Christ reveals God's light to us.

All: God calls us to be the light of the world.

One: Spirit reveals God's light in others.

All: God calls us to be the light of the world. Let us worship God.

Opening Prayer (unison)

God of all grace, Spirit of all love,
Christ alive in our lives – open us
to the possibilities of today, we
pray. Give us minds that wonder,
hearts that seek, and lives that
offer healing – so that wherever we
go, we might live the invitation to
“choose abundant life”! Alleluia!
Amen!

***Hymn # 356**

“Seek Ye First the Kingdom of God”



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1

**Seek ye first the kingdom of
God and God's
righteousness, and all these
things shall be added unto
you.**

Hallelu, hallelujah.

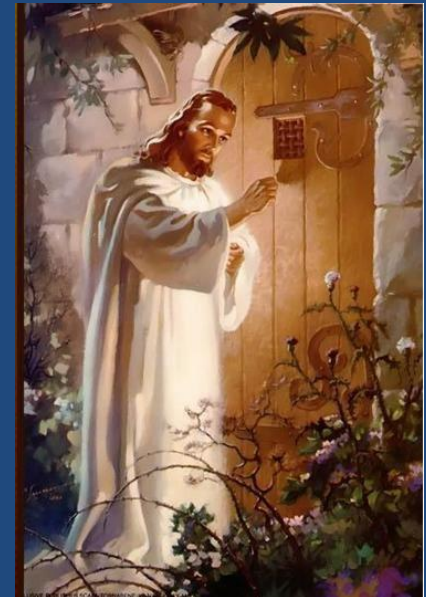
1/3



2

**Ask and it shall be given
unto you; seek and you
shall find; knock and the
door shall be opened unto
you.**

Hallelu, hallelujah.



3

**We do not live by bread
alone, but by every word
that proceeds from the
mouth of God.**

Hallelu, hallelujah.



Prayer of Confession:

Prayer A (in unison) VU 928

**Holy and gracious God,
gathered as your people
responding to your call,
we confess the self that is not
aware of sinning;
the heart that is too hardened
to repent;**

**the pride that dares not
admit it is wrong;
the righteousness that knows
no fault; the callousness
that has ceased to care; the
blindness that can see
nothing but its own will.
God, in your healing love,
forgive us; through our
Saviour, Jesus Christ. Amen.**

Words of Assurance

- *Celebrate God's Presence*, with permission

No matter where we are, God is there. No matter what we have done, God forgives. No matter our reluctance to accept God, God has accepted us. With that assurance, receive forgiveness, and live in fullness and in hope.

Life & Ministry of the Church

*Hymn # MV 88

“Over My Head”



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Chorus:

**Over my head,
I hear music in the air (3 x)
There must be a God
somewhere.**



1

**When the storms of life
are ragin'**

I hear music in the air (3 x)

**There must be a God
somewhere**



2

**When the winds of strife
are blowin'**

I hear music in the air (3 x)

**There must be a God
somewhere**



Chorus:

**Over my head,
I hear music in the air (3 x)
There must be a God
somewhere.**



3

**When the tide of hate is
risin'**

I hear music in the air (3 x)

**There must be a God
somewhere**

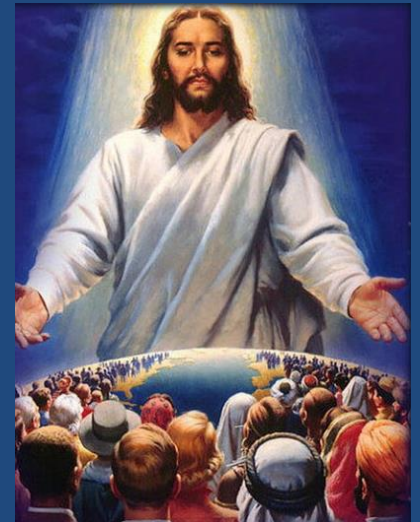


4

**O Jesus is a-callin'
I hear music in the air
(3 x)**

**There must be a God
somewhere**

6/7



Chorus:

**Over my head,
I hear music in the air (3 x)**

**There must be a God
somewhere.**



Conversation with the Children

Scriptures:

Isaiah 58:1-9a

The fast that God chooses

Matthew 5:13-20

You are salt and light

Message: “Fast-food Faith”

Musical Offering

“We Remember Him”

By David Lantz

Offering Invitation

WE RESPOND IN FAITH

***Song of Dedication: (VU#538)**

For the gift of creation, the gift of your love, and the gift of the Spirit by which we live, we thank you and give you the fruit of our hands.

May your grace be proclaimed by the gifts that we give.

Prayer of Dedication (unison)

Some of us are tall and some of us are small. The gifts we offer to this community of faith and to the One who made us to be just as we are supposed to be, are just right in God's kin-dom. May the gifts we offer of time, talent, and treasure bless each one of us, our community, and the world. Amen.

Sacrament of Communion

- Rev. Tracy Howe Wispelwey et al., Black History Month 2019, UCC Website, with permission

The Invitation

*** Hymn: #480**

“Let Us Break Bread Together”



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1

**Let us break bread together
on our knees, let us break
bread together on our
knees.**

**When I fall down on my
knees with my face to the
rising sun, Oh, Lord, have
mercy on me.**

2

**Let us drink wine together
on our knees, let us drink
wine together on our knees.**

**When I fall down on my
knees with my face to the
rising sun, Oh, Lord, have
mercy on me.**

3

**Let us praise God together
on our knees, let us praise
God together on our knees.**

**When I fall down on my
knees with my face to the
rising sun, Oh, Lord, have
mercy on me.**

*** A New Creed: VU #918 (bottom)**

**We are not alone, we live in
God's world.**

**We believe in God: who has
created and is creating, who
has come in Jesus, the Word
made flesh, to reconcile and
make new, who works in us
and others by the Spirit**

We trust in God. We are called to be the Church: to celebrate God's presence, to live with respect in Creation, to love and serve others, to seek justice and resist evil, to proclaim Jesus, crucified and risen, our judge and our hope.

**In life, in death, in life beyond
death, God is with us.**

We are not alone.

Thanks be to God.

The Peace of Christ:

One: The peace of Christ be with you.

All: And also with you.

One: Lift up your hearts.

All: We lift them to God.

One: Let us give thanks to God.

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

The Prayer of Thanksgiving:

Voice One: It is truly right and our greatest joy to give you praise, God, for your beauty, goodness, creating power, and providential care: in making the world; establishing the covenant; teaching us how to care for one another and creation; speaking truth through the prophets; showing mercy in spite of our violence, selfishness, and systems of oppression; and giving us your love in the gift of Jesus Christ.

Voice Two: With thanksgiving and faith, we remember Jesus, born into our world, breathing our air, celebrating our humanity, building community with all people of all ages, the despised, the popular, the powerful and meek, mourning our losses, dying in our state-sanctioned violence, faithful to everything God laid before him, and steadfast in redeeming love for us. In resurrection he showed us that death, and all that leads to death, can be overcome by this life and love.

All: Holy Spirit, draw us into communion with Christ and with one another; to nourish us in Christ's body and in the beloved community you are making; to keep us faithful in ministry; and to hasten the coming of the reign of God, with justice and beauty.

Voice One: At this time, we also remember all those with whom you would have us share your feast. We pray for all in sorrow or pain...all who are ill or alone...all who live with fear, oppression, hunger...all whom the world counts as last and least...we pray for your church and its varied ministries...for nations as they strive for peace and justice...for the earth, and the fragile web of life we share...for our families and friends...Now praying as Jesus taught us, to God our Mother and Father, we say...

**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, and
the power and the glory forever
and ever. Amen.**

The Bread and the Cup

Voice One: When we share the bread, the pita, the tortilla and the rice, together we remember that Jesus was strongest and most powerful in his weakest and most vulnerable moments.

Voice Two: This broken loaf is the bread of life. (*bread is broken*)

Voice Two: When we fill this cup we remember the common cup, and the abundant blessings that have been entrusted to us.

Voice One: This is the cup of blessing. (*juice is poured*)

Voice One: The gifts of God for the People of God; come, for all is ready.

All: Thanks be to God.

Sharing the Bread and the Cup



Prayer after Communion:

**Christ, you have gathered us
at your table, to bear
witness to our unity in you.
Fed and nourished, may we
leave from here ready to be
peace-keepers, God-bearers
and kin-dom builders. Amen.**

* **Hymn:** (More Voices #209)

“Go, Make A Difference”



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Chorus:

Go make a difference.

We can make a difference.

**Go make a difference
in the world. (2x)**



**1 We are the salt
of the earth,
called to let the people see
the love of God
for you and me.**



**We are the light
of the world,
not to be hidden
but be seen.**

**Go make a difference
in the world.**



Chorus:

Go make a difference.

We can make a difference.

**Go make a difference
in the world. (2x)**



**2 We are the hands
of Christ,
reaching out
to those in need,
the face of God
for all to see.**



**We are the spirit of hope;
we are the voice of peace.
Go make a difference
in the world.**



Chorus:

Go make a difference.

We can make a difference.

**Go make a difference
in the world. (2x)**



**3 So let your love shine on,
let it shine for all to see.
Go make a difference
in the world.**



**And the spirit of Christ
will be with us as we go.
Go make a difference
in the world.**



Chorus:

Go make a difference.

We can make a difference.

**Go make a difference
in the world. (2x)**



*Commissioning:

One: In Uganda there is a saying: One who experiences something good must share it.

All: We who have received, felt, tasted, and experienced the good news must share it. Let us go, then, into the world to proclaim the gospel of Jesus Christ, in our words, actions, and deeds.

* **Benediction**

***Choral Response: VU #974**

Amen,

Amen,

Hallelujah,

Amen

Music To Inspire As We Go

‘ We Will Take What You Offer ’

by John Bell

Stittsville United Church

