



All Saints' Anglican Church, Westboro  
347 Richmond Road  
Ottawa, ON, K2A 0E7  
613-725-9487  
office@allsaintswestboro.com

MISSAL

## Welcome to All Saints' Westboro



### **Fifth Sunday after Epiphany**

Sunday, February 8<sup>th</sup>, 2026

9:30 am—Sung Eucharist

**Wednesday** (February 11<sup>th</sup>, 2026 - Chapel)

10:30 am—Said Eucharist (**CANCELLED**)

The Ven. Kathryn Otley

The Rev. Chung Yan Lam

Children and Youth: Janet Currie-Kelk

Music: Lauren Saindon

## LAND ACKNOWLEDGEMENT

Dear friends, we gather on the ancestral territory of the Anishnaabeg Algonquin, the traditional stewards of the lands and waters on which we meet.

**May we walk gently together on this land, seeking renewed relationship based on honour, respect, and peace.**

## PROCESSIONAL HYMN    You Are Salt for the Earth                    CP 502

**You are salt for the earth, O people:  
salt for the kingdom of God!  
Share the flavour of life, O people:  
life in the kingdom of God!**

*Refrain*

**Bring forth the kingdom of mercy,  
bring forth the kingdom of peace;  
bring forth the kingdom of justice,  
bring forth the city of God!**

**You are a light on the hill, O people:  
light for the city of God!  
Shine so holy and bright, O people:  
shine for the kingdom of God! *Refrain***

## CHILDREN'S TALK

### GATHERING

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all. **And also with you.**

Almighty God, **to you all hearts are open, all desires known, and from you 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.**

### OPENING PRAYER

Come,

**We who are ready and willing;**

Come,

**We who are weary and burdened;**

Come,

**We who feel different or on the outside;**

Come,

**Come all who are unsure or uneasy.**

Come,

Into the presence of the One who made us.

Come,

Into the gaze of the One who sees us, who recognises us

And who knows us more than we know ourselves.

Come,

Into the loving embrace of God our maker, redeemer and sustainer.

Come, and find peace.  
Come and find love.  
Come, and be found by God, who loves one and all.

**God, we come into Your presence;  
Jesus, we come to Your table;  
Holy Spirit, we come at Your invitation.  
God most holy, three yet one,  
Meet us here, we pray. Amen**

**A reading from the Book of Isaiah (58:1-12).**

“Shout it aloud, do not hold back. Raise your voice like a trumpet. Declare to my people their rebellion and to the descendants of Jacob their sins. For day after day they seek me out; they seem eager to know my ways, as if they were a nation that does what is right and has not forsaken the commands of its God. They ask me for just decisions and seem eager for God to come near them. ‘Why have we fasted,’ they say, ‘and you have not seen it? Why have we humbled ourselves, and you have not noticed?’ “Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one’s head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord?

“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard. Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I. “If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.

Hear what the Spirit is saying to the church.

**Thanks be to God.**

**PSALM 112:1-9**

Praise the Lord. Blessed are those who fear the Lord, who find great delight in his commands.

**Their children will be mighty in the land; the generation of the upright will be blessed.**

Wealth and riches are in their houses, and their righteousness endures forever.

**Even in darkness light dawns for the upright, for those who are gracious and compassionate and righteous.**

Good will come to those who are generous and lend freely, who conduct their affairs with justice.

**Surely the righteous will never be shaken; they will be remembered forever.**

They will have no fear of bad news; their hearts are steadfast, trusting in the Lord.

**Their hearts are secure, they will have no fear; in the end they will look in triumph on their foes.**

They have freely scattered their gifts to the poor, their righteousness endures forever; their horn will be lifted high in honor.

**A reading from the First Letter of Paul to the Corinthians (2:1-12).**

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God. 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.

But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. 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" - these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. 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. 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.

Hear what the Spirit is saying to the church.

**Thanks be to God.**

**GRADUAL HYMN**

**Eye Has Not Seen**

**CP 548 (Vs.1-3)**

*Refrain*

**Eye has not seen, ear has not heard  
what you have ready for those who love you.  
Spirit of love, come, give us the mind of Jesus;  
teach us your wisdom, O Lord.**

**When pain and sorrow weigh us down,  
be near to us, O Lord;  
forgive the weakness of our faith  
and bear us up within your peaceful word. *Refrain***

**To those who see with eyes of faith,  
you, Lord, are ever near,  
reflected in the faces  
of all the poor and lowly of the World. *Refrain***

**GOSPEL READING**

The Lord be with you.

**And also with you.**

The Holy Gospel of our Lord Jesus Christ, according to **Matthew** (5:13-20).

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

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. You are the light of the world. A city built on a hill cannot be hid. 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. 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. Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. 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. 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. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven."

The Gospel of Christ.

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

## **HOMILY**

### **CREED**

Let us confess the faith of our baptism as we say,

**I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

### **PRAYERS OF THE PEOPLE**

Living and loving God, you made us in your image, each one beloved and unique. All of your dear children, beautiful and diverse, each with a story and experience treasured and held as precious by you, our maker. Listen, O Lord, to the cries of your dear ones –

**Lord have mercy on us.**

Listen as we seek your mercy not just for ourselves, but for our loved ones, our communities, our world –

**Lord have mercy on us.**

Merciful God, to leaders, policy shapers, decision makers, grant wisdom and compassion. Hold us to account when actions discriminate and dehumanise –whether empowering greed or forcing stark choices between eating and heating for all at the sharp end of policies. Lord, hear the cries of all in debt and struggling.

**Lord, have mercy on us.**

We pray for your church and for all people of faith. In our Anglican communion we pray for Michael Bird, our diocesan administrator, Kanana, First United Church minister, Kathryn and Chung Yan our clergy.

We pray for the guidance of the Holy Spirit as our diocese prepares to elect a new bishop. We pray for the candidates – Kathryn, Monique and Brian and for the members of Synod. God of faith,

**hear our prayer.**

We lift up to you in prayer those who are sick in body or spirit; in our community we pray for **Emily S.; Shari R.; Brian O.; Cinde C.; Rowan C.; Anthony R.; Sandy R.; David C.; John M.; Joyce O.; Kathy L.; Josie H.; Kathleen F.; Doris R.; Martine D.; Gail C.; Judy J.**; and for those we name silently or aloud.

We pray for those who have died and for all who mourn their passing. This week, we especially pray for the family and loved ones of Canon Jim Stevenson who died this week. We give thanks as a diocese and many of us personally have been so blessed by Jim's dedication to ministry and service to the church. Jim's presence here at All Saints' Westboro has been encouraging and supportive of clergy and ministries. Gentle God, comfort all who are living with grief and loss, surrounding them with grace and compassion.

May they find comfort in your radiant, healing spirit. God of healing,

**hear our prayer.**

Compassionate God, to all who are overwhelmed, struggling with addiction and sinking out of sight, to all who are widowed, orphaned or abandoned, to the ones who need to know the tender touch of mercy rather than violence, Lord hear the cries of the oppressed.

**Lord, have mercy on us.**

God of creation, hear the sound of creation groaning, of prayers offered in desperation as the injustice of climate emergency makes living conditions unbearable. Lord, hear the cry for your kingdom to come.

Break the heavens, Lord,

**let your justice roll. Lord, have mercy on us. Lord, have mercy on us.**

## **CONFESSION AND FORGIVENESS**

Jesus,

You walked beyond borders, healing, caring, showing the way to God.

You spoke with those who were despised by others;

You sat at tables with tax collectors and fishermen,

Loving all who came to eat and to drink and to meet with you.

*Silence*

We confess,

**There are times when we choose not to live as you have shown us,**

**spurning the way of peace and placing our needs and desires before others.**

**When we choose not to love as you command us...**

*Silence*

In your mercy,

**Forgive us, Lord.**

When we exclude others, contrary to how you lived and loved...

*Silence*

In your mercy,

**Forgive us, Lord.**

When we refuse to love our neighbour and dishonour our own humanity...

*Silence*

In your mercy,

**Forgive us, Lord.**

In your life – you showed us how to live.

In your death – you reconciled us to God.

In your resurrection – you made the way for love to win.

May we know pardon and peace.

In the name of the Creator, Redeemer and Advocate. **Amen.**

## **PEACE**

The peace of the Lord be always with you.

**And also with you.**

*Share a sign of peace while respecting individual preferences.*

## **PRAYER OVER THE GIFTS**

God of all nations, we bring before you this bread and wine, symbols of our earthly life. We acknowledge that we have often created divisions with our words and actions, separating ourselves by race and prejudice. As this grain and these grapes were once scattered in the fields and are now united here, we

pray that you would unite your Church, breaking down the walls of division. Transform us and these gifts, that we may be bread for a hungry world—a world hungry for justice, love, and peace. **Amen.**

## **EUCCHARISTIC PRAYER**

May God be with you.

**And also with you.**

Lift up your hearts.

**We lift them up to God.**

Let us give thanks to God our Creator

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

You are worthy of our thanks and praise,

God of truth,

for you made us in your image

and redeemed us through your Son.

You taught us by your prophets

to work for that day when justice,

mercy and peace will reign.

Let the day come quickly when

the walls that separate us are broken down,

and when suffering and oppression,

racism and discrimination will be no more.

As we watch for the signs of your kingdom on earth,

keep us faithful in prayer and active in service,

until all your people rejoice with the angels in heaven, singing:

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

God of our weary years,

God of our silent tears,

you have brought us this far along the way.

In times of bitterness, you did not abandon us,

but guided us into the path of love and light.

In every age, you sent prophets

to make known your loving will for all humanity.

The cry of the poor has become your own cry;

our hunger and thirst for justice is your own desire.

In the fullness of time,

you sent your chosen servant

to preach good news to the afflicted,

to break bread with the outcast and despised,

and to ransom those in bondage to prejudice and sin.

In the night in which he was betrayed,

our Lord Jesus took bread, and gave thanks;

broke it, and gave it to his disciples, saying:

Take and eat; this is my body, given for you.

Do this for the remembrance of me.

Again, after supper, he took the cup,  
gave thanks, and gave it for all to drink, saying:  
This cup is the new covenant in my blood,  
shed for you and all people for the forgiveness of sin.  
Do this for the remembrance of me.

For as often as we eat of this bread and drink from this cup we proclaim the Lord's death until he comes.  
**Christ has died. Christ is risen. Christ will come again.**

Remembering, therefore, his death and resurrection,  
we await the day when Jesus shall return  
to free all the earth from the bonds of slavery and death.  
Come, Lord Jesus! And let the church say,  
**Amen.**

Send your Holy Spirit, our advocate,  
to fill the hearts of all who share this bread and cup  
with courage and wisdom to pursue love and justice in all the world.  
Come, Spirit of freedom!  
And let the church say,  
**Amen.**

Join our prayers and praise  
with your prophets and martyrs of every age,  
that, rejoicing in the hope of the resurrection,  
we might live in the freedom and hope of your Son.  
Through him, with him, in him, in the unity of the Holy Spirit,  
all glory and honour is yours, almighty God, now and forever.  
**Amen.**

## **THE LORD'S PRAYER**

As our Saviour taught us, let us sing,  
**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 the glory are yours, now and forever. Amen.**

## **BREAKING OF THE BREAD**

We break the bread of life, and that life is the light of the world.  
**God here among us, light in the midst of us, bring us to light and life.**

The gifts of God for the people of God.  
**Thanks be to God.**

## **PRAYER FOR SPIRITUAL COMMUNION**

With those joining us online, I will lead the Prayer for Spiritual Communion: In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer to you praise and thanksgiving. I remember your death, O Christ; I proclaim your resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I implore you to come spiritually into my heart. Cleanse and strengthen me with your grace and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. **Amen.**

## **PRAYER AFTER COMMUNION**

Gracious God,  
our hands have taken holy things;  
our lives have been nourished by the body of your Son.  
May we who have eaten at this holy table  
be strengthened for service in your world.  
We ask this in the name of Jesus Christ the Lord. **Amen.**

## **DOXOLOGY**

Glory to God, **whose power, working in us, can do infinitely more than we can ask or imagine.**  
**Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever.**  
**Amen.**

## **BLESSING**

God who goes before us,  
**Send us out to do your work of loving others as we ourselves hope to be loved.**

God who is behind us,  
**Protect us and watch over us as we continue to work for justice and peace.**

God who is above us,  
**May your will be done on this earth and in all the places we find ourselves.**

God who is below us,  
**Steady our feet as we walk towards justice for all. Amen.**

## **ANNOUNCEMENTS**

*"This Little Light of Mine" is a traditional African American gospel song that came to wide public attention during the U.S. Civil Rights Movement of the 1950s and 1960s. Though its exact origins are uncertain, the song was sung at marches, meetings, and gatherings as a way of expressing courage, dignity, and shared resolve. Its simple refrain affirms the power of individual witness and collective hope, encouraging communities to let their voices be seen and heard even in the face of injustice.*

## **SENDING HYMN This Little Light of Mine**

### ***Refrain***

**This little light of mine, I'm gonna let it shine  
This little light of mine, I'm gonna let it shine  
This little light of mine, I'm gonna let it shine  
Let it shine, Let it shine, Let it shine.**

**Hide it under a bush? Oh No!  
I'm gonna let it shine. (3x)  
Let it shine, Let it shine, Let it shine.**

**Don't let anyone blow it out,  
I'm gonna let it shine. (3x)  
Let it shine, Let it shine, Let it shine.**

**Shine for all the world to see  
I'm gonna let it shine. (3x)  
Let it shine, Let it shine, Let it shine. *Refrain***

## DISMISSAL

Jesus, as you walked this good earth,  
your feet upon land that is blessed and holy,  
Crossing borders and boundaries to minister to those in need,  
you encountered many people from different cultures and different nations.  
You listened to them, you spoke with them, you touched them and healed them,  
you blessed them and forgave them.  
May we follow your example, loving and tending all you have made,  
healing and sowing peace wherever you call.  
Send us out in the power of your Spirit. **Amen.**

### Readings for Next Sunday, February 15<sup>th</sup>, 2026

Isaiah 24:12-18; Psalm 99; 2Peter 1:16-21; Matthew 17:1-9

#### Our Diocesan Prayer Cycle:

- Our Diocesan Partners: Alongside Hope and the Anglican Foundation. • Belong Ottawa: Centre 454; St Luke's Table; The Well/La Source • Centre 105 (Cornwall) • Cornerstone Housing for Women • Ottawa Pastoral Counselling Centre • Refugee Ministry Office
- **Our Anglican (ACC), Lutheran (ELCIC) and Moravian (MOR):**
- **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
- **TOGETHER** For a growing openness to dialogue and encounter with people of other faith traditions during World Interfaith Harmony Week

#### Credits:

*All Saints Anglican Church Westboro's Church CCLI License Number is 11196799 and One License Number is A-728801*

*Readings from the New Revised Standard Version of the Bible*

*Psalm reprinted from A Liturgical Psalter, General Synod 2016 edition, the psalter of the Book of Alternative Services emended for contemporary liturgical use.*

*Front cover is a photo from Larry Chop.*

## Weekly News from All Saints' Westboro

February 9<sup>th</sup> – February 14<sup>th</sup>

### This Week

Tuesday	1:00 pm to 4:00 pm		Food Bank
Wednesday	9:30 am	Quilters	Room 7/8 - <b>CANCELLED</b>
	10:00 am to 2:00 pm		New-to-You Shop - <b>CANCELLED</b>
	<b>10:30 am</b>	<b>Eucharist</b>	<b>Chapel - CANCELLED</b>
Thursday	12:30 pm to 2:00 pm	Choir	Church - <b>CANCELLED</b>
	4:00 pm to 7:00 pm		Food Bank
	4:30 pm to 5:30 pm	Centering Prayer	Chapel - <b>CANCELLED</b>
Saturday	10:00 am to 2:00 pm		New-to-You Shop - <b>CANCELLED</b>

Saints Alive

### Upcoming Events (make note of changes)

**Gran Aid Project:** There are a large number of Gift cards remaining, in denominations of \$25 and \$50. Please contact Janet Holgate after 9:30 am (online) or through the Parish Office.

**Bring back Palm crosses.** While you cannot access the church building, you can drop

**NEW! Shrove Tuesday - Pancake Supper and Discussion on February 17<sup>th</sup> from 1:00 pm to 4:00 pm:** You are invited to explore other pancake suppers available near you. You could even invite friends from church to your home and share a pancake support that way. For an alternative, Rev Chung Yan will be hanging out at Carlingwood Mall between 1:00 pm to 4:00 pm

**CANCELLED - Waffles for Food Bank Neighbours** – instead of waffles, we have offered pizzas and halal pies to our neighbours while they have been asked to wait outside during food bank sessions. We are working our best to serve our neighbours as best as we can while the building is closed to public access until after February 16<sup>th</sup>.

**CHANGE LOCATION - Passport Living Faith Together – February 18<sup>th</sup> at 5:30 pm: Ash Wednesday.** Meal and discussion on *“What do you believe?”* Explore your own beliefs while respecting and understanding others. Discover three definitions for belief (knowledge, hope and practice) that apply to the Apostle’s Creed. **Reminder to bring your passport** in to collect your stamps for all the ways you are living your faith. See Janet for your stamps. If you do not have a passport yet, more have been printed.

**Coldest Night of the Year – Saturday, February 28<sup>th</sup> at 4:00 pm at All Saints' Westboro:** Walk with us (2 or 5 km) or donate to support Cornerstone Housing for Women. Parish Wide Event. There are hot drinks and chili afterwards in Steacy Hall. If you would like to join the team or donate, search for All Saints' Westboro (team). See poster for QR code. <https://cnoy.w-ith.me/AllSaintsWestboro> **We are looking for co-leaders to organize our walkers.** Janet Currie-Kelk will help with coordination.

### **Interested in reducing ASW's environmental footprint?**

For several years the Environmental Justice Committee has had a mandate to embed the principles and ideas of environmental justice in all aspects of life at First by engaging the congregation, promoting calls to action and supporting concrete steps to reduce our community’s ecological footprint. The Committee knows many at ASW have the same goals.

For the past year, ASW has had a representative on the Waste Management Working Group of this committee, but that individual has had to step away. We are looking for one or more volunteers to come forward and consider joining either the Waste Management group or, more broadly, the Environmental Justice Committee.

If you are interested or would like more information, please contact Lamar Mason at [lamarmason4@gmail.com](mailto:lamarmason4@gmail.com) or Wallace Beaton, Chair of the Environmental Justice Committee at [jwbeat63@gmail.com](mailto:jwbeat63@gmail.com). We are a joint congregation; we need to work together on these important issues.