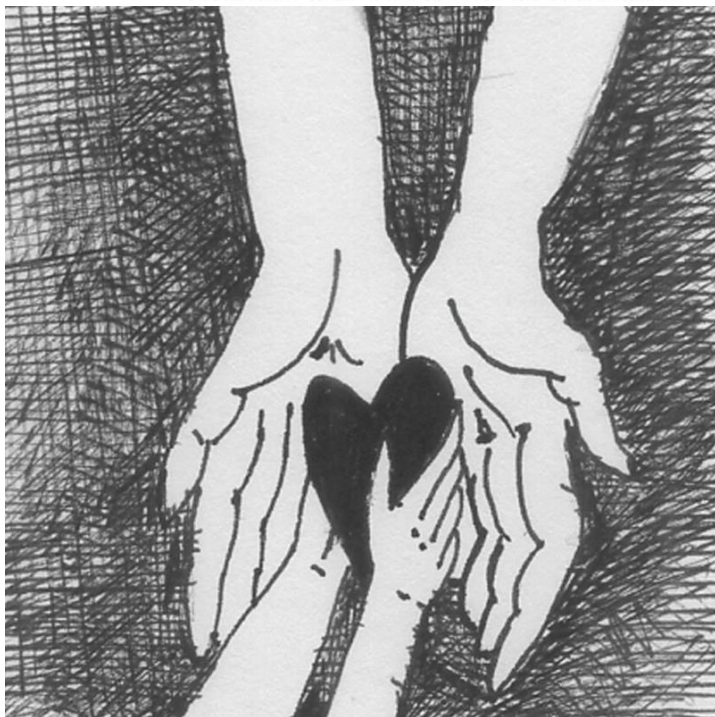


Open To The Light  
**ST Catherines**  
**ANGELICAN CHURCH**



Fourth Sunday after Epiphany  
January 28, 2024, 10 am

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Priest: The Reverend Sharon Smith  
Assistant Priest: The Reverend Laurel Dykstra  
Musician/Choir Director: Rob Gloor  
Building/Office Administrator: Natasha Stegemann  
Community Engagement Coordinator: Marymil Cabrera  
Facilities Coordinator: Ashkon Vahedi  
Wardens: Vivian McGie, Linda Robertson, Chris Wensley

## **St. Catherine's Mission, Vision and Values**

St. Catherine's Anglican Church, near the heart of Edgemont Village in North Vancouver on the ancestral lands of the Coast Salish peoples, including the Skwxwú7mesh (Squamish) and səlililwətaɣ (Tsleil-Waututh) Nations, is a contemporary community of Christian seekers.

We welcome you to join us in the journey. We provide a place of spiritual growth through Christ and we respond with gratitude for God's abundance in our lives through service to our brothers and sisters in the world.

Our **Vision** is to:

- Be an inclusive and thriving community of faith for all generations
- Continually invite others to join us in our journey of faith and Christian discipleship
- Honour the strengthening of relationships and development of community, both within our walls and outside them
- Minister to those in need in Christ's name

### **Our Values:**

St Catherine's is a community that aspires to be:

Welcoming, Inclusive, Curious, Creative,  
Sustainable, Caring and Humble



Bulletin Image: Liz Valente, Artist, Vanderbiltt.

\*All songs not in the hymnal are licensed with:  
CCLI License # 2890999, and A-711268 Onelicense.net

## **SAINT CATHERINE'S ANGLICAN CHURCH**

Anglican Church of Canada - Diocese of New Westminster  
Situating on the unceded traditional Coast Salish territory  
of the Skwxwú7mesh (Squamish) and səliilíwətaʔ (Tseil-  
Waututh) First Nations

*Votive candles are available to light during communion. Please consider  
a donation to the candle fund. Please light candles with care and  
extinguish the lighting taper immediately after lighting.*

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### **GATHERING**

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#### **PRELUDE**

#### **WELCOME AND INTENTIONS: Rev Sharon Smith**

Presider: For thousands of years, indigenous people  
have walked on this land; their relationship  
with the land is at the centre of their lives and  
spirituality. We are gathered on the traditional  
territory of the Skwxwú7mesh (Squamish) and  
(səliilíwətaʔ) Tseil Waututh peoples.

**All: We acknowledge their stewardship of  
this land.**

Presider: We who come from other lands express our  
gratitude for the blessing of living, working,  
playing, laughing and loving on this  
beautiful land.

**All: Thanks to be God**

## **GATHERING HYMN: PRAISE THE ONE WHO BREAKS THE DARKNESS**

**P**raise the One who breaks the darkness  
With a liberating light.  
Praise the One who frees the pris'ners,  
Turning blindness into sight.  
Praise the One who preached the gospel,  
Healing ev'ry dread disease,  
Calming storms and feeding thousands  
With the very bread of peace.

**P**raise the One who blessed the children  
With a strong yet gentle word.  
Praise the one who drove out demons  
With a piercing, two-edged sword.  
Praise the One who brings cool water  
To the desert's burning sand.  
From this well comes living water  
Quenching thirst in ev'ry land.

**P**raise the one true love incarnate:  
Christ, who suffered in our place.  
Jesus died and rose for many  
That we may know God by grace.  
Let us sing for joy and gladness,  
Seeing what our God has done.  
Praise the one redeeming glory:  
Praise the One who makes us one.

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

**People:**        **And also with you.**

Presider: Loving God,

**All:** 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.

*Silence is kept.*

## **GLORIA**

Gloria, Gloria, in excelsis Deo!  
Gloria, Gloria, alleluia, alleluia!

## **PRAYER OF THE DAY**

Presider: God of liberation,

**All:** who comes not to destroy  
but to set us free,  
bring wholeness to all that is broken  
and speak truth to us in our confusion;  
through Jesus the Christ, our Lord. Amen.

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## **PROCLAMATION OF THE WORD**

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### **FIRST READING: DEUTERONOMY 18:15-20**

*Today's reading is part of a longer discourse in Deuteronomy, an updating of the law for the Ancient Israelite community as the people wait to enter the promised land.*

[Moses said:] The LORD your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet.

This is what you requested of the LORD your God at Horeb on the day of the assembly when you said: "If I hear the voice of the LORD my God any more, or ever again see this great fire, I will die." Then the LORD replied to me: "They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die."

Reader: Let us hear what the Spirit is saying.

**People: Thanks be to God.**

## **PSALM 111**

*Led By Vivian McGie*

Leader: Hallelujah! I will give thanks to the LORD with  
my whole heart,  
in the assembly of the upright, in the  
congregation.

**People: Great are your works, O LORD,  
pondered by all who delight in them.**

Leader: Majesty and splendor mark your deeds,  
and your righteousness endures forever.

**People: You cause your wonders to be  
remembered;  
you are gracious and full of compassion.**

Leader: You give food to those who fear you,  
remembering forever your covenant.

**People:**      **You have shown your people the power  
of your works  
in giving them the lands of the nations.**

Leader:      The works of your hands are faithfulness and  
justice;  
all of your precepts are sure.

**People:**      **They stand fast forever and ever,  
because they are done in truth and  
equity.**

Leader:      You sent redemption to your people and  
commanded your covenant forever; holy and  
awesome is your name.

**People:**      **The fear of the LORD is the beginning of  
wisdom;  
all who practice this have a good  
understanding. God's praise endures  
forever. Amen.**

**SECOND READING: "The Deer's Cry" (M. McCormick)**  
*A translation of St. Patrick's Breastplate*

I arise today  
through a mighty strength, the invocation of the Trinity,  
through belief in the Threeness,  
through confession of the oneness  
of the Creator of Creation.

I arise today  
through God's strength to pilot me:  
God's might to uphold me, God's wisdom to guide me,  
God's eye to look before me,... God's host to save me  
from snares and devils, from temptations and vices,  
from everyone who shall wish me ill, afar and near, alone  
and in a multitude.

I summon today all these powers  
between me and these evils:  
against every cruel, merciless power  
that may oppose my body and soul:  
against incantations of false prophets,  
against black laws of pagandom,  
against false laws of heretics,  
against craft and idolatry,  
against every knowledge that corrupts man's body and soul.

Christ to shield me today  
against poison, against burning,  
against drowning, against wounding,  
so that there may come to me abundance of reward.

Christ with me, Christ before me, Christ behind me.  
Christ in me, Christ beneath me, Christ above me.  
Christ on my right side, Christ on my left side;  
Christ in the heart of everyone who thinks of me.  
Christ in the mouth of everyone who speaks of me.  
Christ in every eye that sees me,  
Christ in every ear that hears me.

I arise today  
through a mighty strength, the invocation of the Holy Trinity,  
through a belief in the Threeness,  
through a confession of the oneness  
of the Creator of Creation.

Reader: Let us hear what the Spirit is saying.

**People: Thanks be to God.**

### **GOSPEL HYMN: SPEAK, O LORD**

**Speak, O Lord, as we come to You**  
**To receive the food of Your holy Word**  
**Take Your truth, plant it deep in us**  
**Shape and fashion us in Your likeness**



That the light of Christ might be seen today  
In our acts of love and our deeds of faith  
Speak, O Lord, and fulfill in us  
All Your purposes for Your glory

**GOSPEL READING: MARK 1:21-28**

*Forces that would bring death and disease have taken hold of a man, yet they recognize the Light of Christ and know what this power means for them. Jesus commands these forces to leave and people are amazed at his authority.*

Presider: The Lord be with you.

**People: And also with you.**

Presider: The Holy Gospel of our Lord Jesus Christ  
according to Mark.

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

[Jesus and his disciples] went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee.

Presider: The Gospel of Christ.

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

## **GOSPEL HYMN CONTINUED**

Speak, O Lord, and renew our minds  
Help us grasp the heights of Your plans for us  
Truths unchanged from the dawn of time  
That will echo down through eternity  
And by grace, we'll stand on Your promises  
And by faith, we'll walk as You walk with us  
Speak, O Lord, 'til Your church is built  
And the earth is filled with Your glory

**HOMILY: Rev. Sharon**

*Reflective silence follows.*

## **AFFIRMATION OF FAITH:**

Presider: We believe in God

**All: Who is older than eternity  
and younger than our next breath;  
who is beyond describing  
yet knows us all by name;  
who inspires faith  
yet cannot be contained by religion.  
  
We believe in Jesus Christ;  
flesh of our flesh, bone of our bone;  
He came in the body  
to give worth to every human life.  
He touched the untouchable,  
loved the unlovable and endured slander,  
persecution and death.  
  
We believe that God's Kingdom  
comes on earth Through Christ's  
suffering love.  
He rose from the grave as living proof  
that what is laid down in faith  
will be raised in glory.**

**All:** He ascended to heaven  
to be present at all times to all people.

We believe in the Holy Spirit,  
Who leads us into truth and freedom,  
who gives good gifts to all God's children,  
who works through prayer and politics,  
through justice, care of creation  
and the healing of the nations.

We celebrate the potential  
God has given; the life in our bodies,  
the yearning in our souls, the promise of  
good things in store for those who love  
and serve their maker.

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## PRAYER

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### PRAYERS OF THE PEOPLE

**CONFESSION:** Paraphrase of the Lord's Prayer  
(By Stephen Shakespear - Church of England)

Presider: Divine mother, Divine father:  
**All:** to be in you is to be in heaven.

**May we hear the wonder  
that echoes in your name.**

**May we accept no rule  
but the rule of love.**

**May we never tolerate the evil of hunger.**

**May the hurts we cause be forgiven  
and the hurts we receive be healed.**

**May we remember that we are fragile  
and cherish the life we share with all.**

**For all love, and life and power  
is the gift of the Spirit. Amen.**

## THE PASSING OF THE PEACE

Presider: The peace of Christ be always with you.

**People: And also with you.**

*The community, standing at our seats, greet one another saying or gesturing: 'Peace be with you'.*

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## COMMUNION

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### PREPARING THE TABLE:

### JESUS CALLS US HERE TO MEET HIM

Jesus calls us here to meet him,  
as through word and song and prayer  
we affirm God's promised presence  
where his people live and care.  
Praise the God who keeps his promise;  
praise the Son who call us friends;  
praise the Spirit who, among us,  
to our hopes and fears attends.

Jesus calls us to confess him  
Word of life and Lord of all,  
sharer of our flesh and frailness,  
saving all who fail or fall.  
Tell his holy human story;  
tell his tales that all may hear;  
tell the world that Christ in glory  
came to earth to meet us here.

Jesus calls us to each other:  
found in him are no divides.  
Race and class and sex and language –  
such are barriers he derides.  
Join the hand of friend and stranger;  
join the hands of age and youth;  
join the faithful and doubter  
in their common search for truth.

Jesus calls us to his table  
rooted firm in time and space,  
Where the church in earth and heaven  
finds a common meeting place.  
Share the bread and wine, his body;  
share the love of which we sing;  
share the feast for saints and sinners  
hosted by our Lord and King.

## PRAYER OVER THE GIFTS

Presider: God of steadfast love,  
**All: may our offering this day,  
by the power of your Holy Spirit,  
renew us for your service.  
We ask this in the name  
of Jesus the Christ, our Lord. Amen**

## THE EUCHARISTIC PRAYER *(Supplemental Prayer 3)*

Presider: The Lord be with you.  
**People: And also with you.**  
Presider: Lift up your hearts.  
**People: We lift them to the Lord.**  
Presider: Let us give thanks to the Lord our God.  
**People: It is right to give our thanks and praise.**

Presider: It is indeed right to thank you and praise you,  
holy and gracious God,  
creator of all things,  
ruler of heaven and earth, sustainer of life,  
for you are the source of all goodness,  
rich in mercy and abounding in love;  
you are faithful to your people in every  
generation, and your word endures for ever.

Presider:       Therefore with angels and archangels,  
                  with the fellowship of saints  
                  and the company of heaven,  
                  we glorify your holy name,  
                  evermore praising you and singing,

### **Sung Sanctus (St Brides setting)**

**Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full  
Are full of your glory.**

**Blessed is the One who comes  
in the name of the Lord.  
Hosanna in the highest.  
Hosanna in the highest.**

Presider:       We praise you, merciful  
                  Mother and Father,  
                  not as we ought, but as we are able,  
                  because in your tender love  
                  you gave the world your only Son,  
                  in order that the world might be saved through  
                  him. He made you known by taking the form of  
                  a servant, healing the sick, liberating the  
                  oppressed, reaching out to the lost.

Betrayed, reviled, and nailed to the cross,  
he confronted the power of sin  
and disarmed it for ever.  
In his offering of himself,  
he became the perfect and sufficient sacrifice  
for the sins of the whole world.  
Redeemed by Christ,  
we have been adopted as your children;  
by your pardon you have made us worthy to  
praise you.

Presider: On the night he was betrayed,  
Jesus, at supper with his friends,  
took bread, gave you thanks, broke the bread,  
gave it to them, and said, "Take and eat:  
this is my body which is given for you.  
Do this for the remembrance of me."

After supper he took the cup of wine, and  
when he had given thanks,  
he gave it to them,  
and said, "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. Whenever you drink it,  
do this for the remembrance of me."

In obedience to him and with grateful hearts  
we approach your holy table,  
remembering our Saviour's sacrifice,  
and rejoicing in his victory.  
Confident in his sovereign purpose,  
we declare our faith.

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

**All: Send your Holy Spirit on us  
that as we receive this bread  
and this cup we may partake of the body  
and blood of our Lord Jesus Christ,  
and feed on him in our hearts  
by faith with thanksgiving.**

Presider: May we be renewed in his risen life,  
filled with love, and strengthened in our will  
to serve others;

Presider: And make of our lives, we pray,  
a pure and holy sacrifice, acceptable to  
you, knitting us together as one in your Son  
Jesus Christ, to whom,  
with you and the Holy Spirit,  
be all honour and glory, now and forever.

**All: Amen.**

### **LORD'S PRAYER** (*Sung*):

**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 the glory are yours,  
now and forever.**

### **FRACTION (Breaking of Bread):**

Presider: We break this bread  
to share in the body of Christ

**All: We, being many, are one body,  
for we all share in the one bread.**

### **INVITATION TO THE TABLE:**

Presider: The gifts of God for the people of God

**People: Thanks be to God.**



## COMMUNION

*All people are welcome to receive Communion of one kind (Fresh Bread or Wafers) at the station below the stairs, or Communion of one or both kinds at the Altar. Wine is administered from a common cup. Gluten free wafers are available upon request.*

*Please sanitize your hands before receiving.*

*While the communion is being administered, we respectfully ask that you keep the silence.*

*Candle lighting during this time is welcomed.*

## OFFERTORY:

If you wish to give a gift to support the ministry of St. Catherine's Church, offertory plates are available in the front of the church and at the entrances/exit.



*Make use of an envelope provided for donations of \$20 or more, tax receipts will be issued if name and address are included; OR*

*Make use of this QR code with your device to donate through Canada Helps, tax receipts are sent by email.*

## COMMUNION HYMN:

### LORD JESUS, OF YOU I WILL SING

Lord Jesus, of you I will sing as I journey.

I'll tell all my neighbours about you where ever I go.

You alone are our life and our peace and our love.

Lord Jesus, of you I will sing as I journey.

Lord Jesus, I'll praise you as long as I journey.

May all of my joy be a faithful reflection of you.

May the earth and the sea and the sky join my song.

Lord Jesus, I'll praise you as long as I journey.

As long as I live, Jesus, make me your servant.  
To carry your cross and to share all your burdens and tears.  
For you saved me by giving your body and blood.  
As long as I live, Jesus, make me your servant.

I fear in the dark and the doubt of my journey;  
but courage will come with the sound  
of your steps by my side.  
And with all of the family you saved by your love,  
we'll sing to your dawn at the end of your journey.

## **PRAYER AFTER COMMUNION**

Presider: O God, our life, our strength, our food,  
**All: we give you thanks for sustaining us  
with the body and blood of your Son.  
By your Holy Spirit, enliven us to  
be his body in the world,  
so that more and more  
we will give you praise  
and serve your earth  
and its many peoples,  
through Jesus the Christ, our Lord. Amen.**

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## **SENDING**

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## **ANNOUNCEMENTS: Vivian McGie**

Presider: Glory to God,  
**All: 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 – Rev. Sharon**

### **SENDING HYMN:**

#### **O CHRIST, THE GREAT FOUNDATION**

**O** Christ, the great foundation  
on which Your people stand  
to preach Your true salvation  
in every age and land:  
pour out Your Holy Spirit  
to make us strong and pure,  
to keep the faith unbroken  
as long as words endure.

**B**aptized in one confession,  
one church in all the earth,  
we bear our Lord's impression,  
the sign of second birth:  
one holy people gathered  
in love beyond our own,  
by grace we were invited,  
by grace we make You known.

**W**here tyrants' hold is tightened,  
where strong devour the weak,  
where innocents are frightened,  
the righteous fear to speak,  
there let Your church awaking  
attack the powers of sin  
and, all their ramparts breaking,  
with You the victory win.

This is the moment glorious  
when He who once was dead  
shall lead His church victorious,  
their champion and their head.  
the Lord of all creation  
his heavenly kingdom brings,  
the final consummation,  
the glory of all things.

### **Dismissal:**

Presider: Go forth in the way of love,  
as instruments of peace.

**People: Thanks be to God.**



**All are invited to the back of the church  
for coffee and conversation.**

### **Thank you for ministering this morning:**

#### **Presider &**

**Preacher:** Rev. Sharon Smith

**Music:** Rob Gloor & Choir

**Greeters:** Gillian Holland and Sharon Fedorak

**Altar Guild:** Susana Wensley

**Coffee Group:** Penny Zuk, Lynn Spence  
and Elizabeth Barratt

**Readers:** **1)** Sharon Fedorak **2)** Vivian McGie

**Intercessor:** Pauline Barrett

#### **Eucharistic**

**Administrators:** Gillian Holland, Alison Watt,  
Shaunti Bains

**Livestream:** Ashkon Vahedi

**Sunday Teacher:** Shaunti Bains

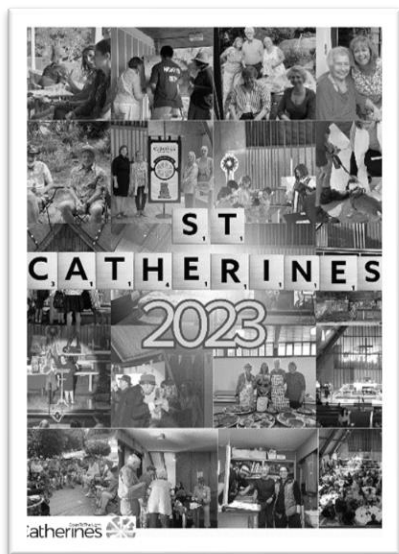
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## COMMUNITY UPDATE: EVENTS | NEWS | PEOPLE

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### ✿ SAVE THE DATES LENT & HOLY WEEK ✿

February 13, Tuesday	Pancake Supper
February 14, Wednesday	Emergency Food Program Ash Wednesday Service
February 20, Tuesday to March 26, Tuesday 7 pm on Zoom	Lenten Study hosted by the Spiritual Practice Group With six guests sharing their lives of <i>Service, Love, Respect, Hospitality, Peace, and Hope.</i>
March 23, Saturday	Prepare for Holy Week - Quiet Day
March 24, Sunday	Palm Sunday
March 25, Monday	Holy Monday
March 26, Tuesday	Holy Tuesday
March 27, Wednesday	Holy Wednesday
March 28, Thursday	Maundy Thursday
March 29, Friday	Good Friday Service & Art
March 30, Saturday	Holy Saturday Fire pit, lighting the paschal candle
March 31, Sunday	Easter Sunday



### YEAR BOOK 2023

We are pleased to announce that the Saint Catherine's Year Book for 2023 is set to be available on February 9<sup>th</sup>, 2024 electronically and in print!

This highly anticipated book provides a detailed overview of the parish's ministry streams: Worship, Social Justice and Action, Community Connection, Spiritual Development, Pastoral Care, Sacred Spaces, and Financial Sustainability.

It also features the accomplishments and milestones achieved by Saint Catherine's, celebrating its successes and highlighting the hard work and dedication of parishioners and volunteers, and the many ways the community participate in God's work in this part of the world.

The deadline for the assigned writers/reporters is on January 31<sup>st</sup>, and should be sent to Natasha [scadmin@shaw.ca](mailto:scadmin@shaw.ca).

The photo above is this year's cover designed by Marymil. The scrabble design resonates with our community as it highlights the significance of language, collaboration, diversity, and shared experiences in creating a cohesive and thriving environment.

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Check out our website and subscribe to our newsletter [www.saint-catherines.org](http://www.saint-catherines.org) for more updates.





### EMERGENCY FOOD PROGRAM

Saint Catherine's has partnered with Harvest Project, to help address food emergencies in the North Shore and is set to start on February 14th, Wednesday at 2 p.m.

Our Food Emergency Program, which will happen every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month, is designed to provide immediate assistance to individuals and families facing food insecurity in the North Shore, provide essential sustenance, as well as cultivate a sense of belonging and shared responsibility within our community. At the core of our Food Emergency Initiative is a simple yet powerful idea: neighbours helping neighbours.

If you are interested in getting to know more about this or want to participate, you may email Marymil at [community\\_engagement@shaw.ca](mailto:community_engagement@shaw.ca).

You may also help in distributing the posters to spread the word, especially to those in need. Posters are available in the church office



**EMERGENCY  
FOOD PROGRAM  
AT ST. CATHERINE'S**

Every 2nd and 4th Wednesday of the month  
starting February 14th, 2024  
2 p.m. to 3 p.m.

Saint Catherine's Anglican Church,  
1058 Ridgewood Drive, North Vancouver, V7R 1H8  
Chapel Entrance

Get a free bag of emergency groceries, share a cup of coffee with our volunteers, and get information about available resources for food, shelter, assistance, and engagement in North Vancouver.

**EVERYONE IS WELCOME  
IN THIS DROP-IN PROGRAM**

### SOUL FOOD SUNDAY ON FEBRUARY 4



On February 4<sup>th</sup>, 2024 from 10 a.m. to 11:30 a.m., Saint Catherine's will be celebrating the Feast of St. Brigit (also known as Imbolc (*celebrating the early signs of Spring*)).

The service will be focused on the journey through grief.

Tom Arntzen will be playing and singing some Celtic spiritual hymns and songs. Shaunti will be teaching the kids how to make St. Brigit's cross out of reed plants/grass.

The Soul Food Sunday is a great opportunity for parishioners to invite people who are not used to an Anglican traditional service.

If you want to bring something to contribute for breakfast, kindly contact Bonnie at [bonnielgrundy@gmail.com](mailto:bonnielgrundy@gmail.com) or Rhonda at [rgarton@shaw.ca](mailto:rgarton@shaw.ca).



**SAINT CATHERINE'S ANGLICAN CHURCH**  
1058 Ridgewood Dr, North Vancouver, BC, V7R 1H8  
T 604.985.0666  
| [saint-catherines.org](http://saint-catherines.org)