



Soul Food Sunday

NEIGHBOURHOOD
BREAKFAST & PRAYER

First Sunday of the Month
10 am

ALL ARE WELCOME

Epiphany
January 4, 2026

*Help yourself to coffee. We welcome your hunger.
First, we will have a time of grace, then we will eat.*

As you settle into the space, please visit the prayer stations. If you would like a prayer request to be read aloud (anonymously) for yourself, a loved one, the Church, or a concern in the world, please write your request clearly, fold the paper, and place it in one of the baskets provided.

GATHERING OF THE COMMUNITY

WELCOME & LAND ACKNOWLEDGMENT

Rev. Sarah Since the first century, followers of Christ have gathered around tables for worship.

All Eating together in love is an act of worship.

Rev. Sarah Jesus asked his followers to remember him by eating together.

All Eating together in love brings glory to God.

Rev. Sarah Communing, we share stories of faith.

All Eating together in love makes God visible.

OPENING PRAYER

Rev. Sarah God is with us,
Here in our midst and always,
The love at our beginning and without end.

Rev. Sarah

Let us pray.

Holy One,

All

**You know our hearts,
our hopes and fears,
our joys and sorrows,
all our daily challenges.**

In your mercy, help us.

**By your Spirit inspire and deepen
your love in us.**

**We pray this in the name of Jesus.
Amen.**

THE COLLECT

Rev. Sarah

All

Almighty and everliving God,

**you revealed the incarnation of
your Son by the brilliant shining of
a star.**

**Shine the light of your justice in
our hearts and over all lands,
and accept our lives
as the treasure we offer
in your praise and for your service;
through Jesus Christ, our Saviour
and Lord, who lives and reigns with
you and the Holy Spirit, one God,
now and forever. Amen**

GRACE

All

At this table, Lord, all are welcome.

**Bless this food, as a sign that we are not
alone. Amen.**

*Prayer stations remain open during our shared meal.
Please share a prayer of gratitude or intercession to be read
aloud (anonymously) so we may pray together.*



**"HEARING THE STORY"/
PROCLAMATION OF THE WORD**

The sound of a singing bell invites us to hear and to reflect.

Poetry Reading:

Star Song

Elizabeth B. Rooney (American, 1924-1999)

There had been stars
Year after desert year,
A cold light
And a distant
For stars are never near.

Until the light
That lighted all the world
Consented to be born.

The night He came
The stars swung low
And sang
As morning stars had sung
Creation's morn.

So sing we now.
Star-crossed,
We sing the bright
And morning star
Shining among us,
Banishing our night.

Gospel Reading

Rev. Sarah: The Holy Gospel of our Lord Jesus Christ,
according to Matthew.

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

Gospel Reading: Matthew 2: 1-12

Rev. Sarah: The Gospel of the Lord.

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

RESPONDING TO THE STORY

Reflection

Rev. Sarah

AFFIRMATION OF FAITH

You are invited to join in an affirmation of faith.

**You, O God, are creator of all,
by whom every being in heaven and earth
is fashioned, named, and sustained.
You call us each by name.**

**You, O God, are Living Word,
who came and pitched your tent with us,
lived and died and rose again.
You speak to us now through faith.**

**You, O God, are Holy Spirit,
who comforts, strengthens, and inspires,
sending us forth to share your love.
You are the breath of grace.**

**You, O God, are Trinity:
Creator, Word, Spirit;
Artist, healer, friend.
You are holy mystery.
We worship you. Amen.**

PRAYERS OF THE PEOPLE

Rev. Sarah Let us bring our prayers and our confessions to God, remembering all who are in need this day, in body, mind, or spirit.

Three readers alternate reading aloud the submitted prayers.

We respond to each prayer with
"Lord of Love, hear our prayer."

RECONCILING/CONFESSION & ABSOLUTION

Rev. Sarah Let us pray.

All Holy One,
we long for you.
You know our wounding and our broken-heartedness.
You know how others have hurt us, and how we have hurt others.
You alone have the healing we need.
Yours is the love that changes everything. Amen

Celebrant Giver of life, have mercy on us;
Pardon and deliver,
revive and strengthen,
and keep us in eternal life,
through Jesus Christ our Lord. **Amen.**

PASSING THE PEACE

Celebrant May the peace of God be always with you.

All **And also with you.**

Please share a non-touch sign of peace with one another (for example, a bow with hands folded), taking special care to create peace in any relationships that may need special care or attention.



"THE STORY OF THE TABLE" / HOLY COMMUNION

*As the table is prepared and our offerings are presented,
we form a circle in the inner horseshoe.
Please help neighbours with mobility aids
to find a comfortable place in the circle.*

Celebrant Source Eternal, we bring our offerings to you.
We thank you for this bread and wine, gifts of
your creation.

We thank you for Jesus: God with us.

People **Amen.**

Celebrant
People

God is with you.
And also with you.

Celebrant
People

Open your hearts.
We open them to God.

Celebrant
People

Let us give thanks to God our Creator.
We give our thanks and praise.

Celebrant

Creator, You made our world –
beautiful, wholesome, and good.
You made us to live in right relationship
with you and all creation.
You sent Jesus to live among us
and show us what you are like.

We bring our grateful, worshipping hearts to
you, our awesome God.
You formed the earth and all that dwells here,
the seas below and the skies above.
You crafted all creatures and inspired them,
animating all with your Spirit of love.
You alone are worthy of glory, honour, and
praise.
And so, we join with the heavenly beings
and all of creation as we say:

All

You are holy.
You are whole.
You are always ever more
than we ever understand.
You are always at hand.

Blessed are You coming near.
Blessed are You coming here,
to your church in wine and bread,
Raised from soil, raised from dead.

**You are holy.
You are wholeness.
You are present.
Let the cosmos praise you, Lord.**

Celebrant Glory and honour are yours, Creator of all,
Your Word has never been silent.
Of your grace, you sent Jesus to live among
us to share our humanity and daily life,
to proclaim the coming of justice and peace,
and to give himself for us.
Through Jesus Christ we are reconciled to you
and restored to the goodness you intended for
us.

On the night before he died, Jesus ate supper
with his friends. He took bread, gave thanks,
broke it, and gave it to them, saying:
"Take and eat. This is my very self given for
you. Do this for the remembrance of me."

Then he took the cup of wine,
again he gave thanks,
and gave it to them, saying:
"Drink of it, all of you. This cup is a new
covenant poured out for you and all people.
Do this for the remembrance of me."

And so, we remember:
the cross, the tomb, the resurrection, and the
ascension, and, longing for Christ's coming
again in glory, we present these gifts to you.

Send your Holy Spirit upon us and upon these gifts, so that we who share this bread and wine may be a people of hope, justice, and love.

Draw us together in Christ,
and, in the fullness of time, gather us with all your people into the joy of your eternal home.

Through Christ and with Christ and in Christ,
By the inspiration of your Holy Spirit,
we worship you, our God and Creator,
and give you our unending praise. **Amen.**

THE LORD'S PRAYER

Celebrant	As Jesus taught us, let us pray, in whatever language or wording is most meaningful to each of us, saying
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 for ever. Amen.

THE BREAKING OF THE BREAD

Celebrant This is the bread of life given in love for us.
This is the cup of restored relationship with
God.

All These are the gifts of God for God's people.
Thanks be to God!

THE SHARING OF COMMUNION

We share the bread with one another, saying:
"The Body of Christ, Food for the Journey"

We share the wine, saying:
"The Cup of Salvation"

PRAYER AFTER COMMUNION

Celebrant Let us pray.

People As we have shared this bread and wine,
We share new life in Christ.
Celebrant Send us out in the power of your spirit,
People **To stand with you in the world and share**
your love.

BLESSING Rev. Sarah

ON THE WAY

*Following community announcements,
we clean up together.
Thank you for your presence at the table.*

FOOD FOR THE JOURNEY

As you move through the week and recall our shared worship, we offer these questions and practices for continuing reflection:

- **How does the path of the Magi mirror your own?**

What journey are you on—or being invited on—now, in this season? What persistence might be needed, to press on when the light seems to fade? What trust? How has your encounter with Jesus changed you and set you on a different path?

- **A New Year's Examen:** Ignatius of Loyola developed the daily examen in 1522: a simple way to notice and respond to God's movement in one's life. A daily spiritual practice, it's also a good way to look back on the year that was as you re-set for 2026:

- Thank: Spend a few minutes in gratitude for the gifts and blessings of 2025.

- Ask: Ask God to illuminate the past year for you, showing you where the Holy has been at work in the people, places, and events of your life.

- Examine: Look at 2025 in broad strokes. What brought closeness to God and who you are called to be? What has separated you or put distance between you and God – or between you and your true self?

- Respond: Ask forgiveness where needed and healing going forward. With what spirit do you want to enter 2026? Ask the Holy Spirit to guide you.

- **“Holy Graffiti”**: take home a piece of the chalk and chalk your door! Using the chalk above or at the side of the door, outside or inside, make the markings:

20 + C + M + B + 26

(20 and 26 being the year; C, M, B being the initials of the traditional names of the wise men, Caspar, Melchior and Balthasar – or they can also stand for *Christus Mansionem Benedicat*, Latin for *May Christ bless this home*). A simple prayer can accompany this:

Loving God, may all who come to our home this year rejoice to find the love of Christ here; and may we seek and serve, in everyone we meet, that same Jesus who is your Word, now and forever. Amen.

Sources for Today’s Worship

Collect I for Epiphany, Year A from *Evangelical Lutheran Worship* (2006) alt., in *Alternative Collects for Years A, B, and C of the Revised Common Lectionary with Seasonal Prayers over the Gifts and Prayers after Communion*, authorized by The General Synod of the Anglican Church of Canada

“Star Song” by Elizabeth Rooney, from *Gift Wrapped*, the fourth volume in her collected works *All Miracle*, in *Light upon Light: A Literary Guide to Prayer for Advent, Christmas, and Epiphany*, compiled by Sarah Arthur (Brewster, Massachusetts: Paraclete Press, 2014)

Eucharistic Liturgy from St. Hildegard’s Sanctuary, Vancouver, in *All Are Welcome: Liturgical Resources for Trauma-Sensitive Congregations*, authorized for use in the Anglican Diocese of New Westminster

New Year’s Examen based on one by Alissa Case @littlewaychapel