



Soul Food Sunday

NEIGHBOURHOOD
BREAKFAST & PRAYER

First Sunday of the Month
10 am

ALL ARE WELCOME

Fourth Sunday after Epiphany
February 1, 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 (first names only),
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

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

**All Eating together in love is an act of
worship.**

Presider Jesus asked his followers to remember
him by eating together.

**All Eating together in love brings glory
to God.**

Presider Communing, we share stories of faith.

**All Eating together in love makes God
visible.**



OPENING PRAYER

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

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

Presider Lord, help us to know ourselves
and call us to answer and serve;
through Jesus Christ, the Master of the
Table.

All Amen.



GRACE

**All At this table, Lord, all are welcome.
Bless this food, as a sign that we are not
alone.**

Prayer stations remain open during our shared meal.

“HEARING THE STORY”/ PROCLAMATION OF THE WORD

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

Poetry Reading:

In God's hands

Blessed are you who are empty handed:
you are in God's hands.

Blessed are you who are brokenhearted;
your broken heart is God's.

Blessed are you who are powerless;
Love's power will never fail you.

Blessed are you who wish you were closer to God;
your wishing is God in you.

Blessed are you who are kind;
the universe will be kind to your soul.

Blessed are you who seek Oneness;
you are One.

Blessed are you who stands with the poor;
that is where God is standing.

Blessed are you who are wounded
when you stand for justice;
you are embraced, you are enfolded,
you stand among the great.

~Steve Garnas Holmes

*The sound of a singing bell invites us to reflect
and calls us again to hear the Gospel.*

Gospel Reading: Matthew 5:1-12

(before) Presider: The Holy Gospel of our Lord Jesus
Christ, according to Matthew.

All Glory to you, Lord Christ.

(after) Presider: The Gospel of the Lord.

All: Praise to you, Lord Christ.

RESPONDING TO THE STORY

Reflection The Rev. Sarah Lehman

AFFIRMATION OF FAITH

You are invited to join in an affirmation of faith.

Please rise, in body or in spirit.

**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

Presider	Let us bring our prayers and our confessions to God, remembering all who are in need this day, in body, mind, or spirit.
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Three readers alternate reading aloud the submitted prayers.

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

RECONCILING/CONFESSION & ABSOLUTION

Presider 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

Presider 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

Presider 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.*

Presider 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.

Presider God is with you.

People And also with you.

Presider Open your hearts.

People We open them to God.

Presider Let us give thanks to God our Creator.

People We give our thanks and praise.

Presider 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.**

Presider

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 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."

Presider 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

Presider 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

Presider 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

Presider Let us pray.

People As we have shared this bread and wine,
We share new life in Christ.

People Send us out in the power of your spirit,
**To stand with you in the world and share
your love.**

BLESSING The Rev. Sarah Lehman

ON THE WAY

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

FOOD FOR THE JOURNEY

As we move through the week and recall our shared worship, these questions are offered for continuing reflection:

- To whom does “Blessed are they that mourn” apply? Those who are currently grieving a death? Or could this apply to you too if you are:
 - mourning what will never be
 - mourning the end of a relationship or a career
 - mourning this moment of social crisis
 - experiencing the ambiguous loss and pre-mourning of loving someone experiencing cognitive change or dementia

Make time to tenderly acknowledge the ways that you may be mourning and bring them before God.

- Dig out your Bible (or use an online Bible) this week and re-read the Beatitudes (Matthew 5:1-12) in context as the introduction to the Sermon on the Mount (Matthew 5:13 – Matthew 7:27). How do the Beatitudes frame the Sermon of the Mount? How do Jesus’ teachings reflect aspects of the Beatitudes?
- What does it mean to be “blessed”? In Matthew 5, the Greek word is *makarios*, which translates as “happy”. But our English word “happy” carries a lot of excess baggage. What does true blessedness mean to you?

Liturgical Source for Today's Worship

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



SAINT CATHERINE'S ANGLICAN CHURCH

1058 Ridgewood Dr, North Vancouver, BC, V7R 1H8

T 604.985.0666

| saint-catherines.org