



THE FOURTH SUNDAY AFTER THE EPIPHANY
SPIRITUAL COMMUNION

SUNDAY, JANUARY 28, 2024, AT 9:00 A.M.

The Church of the Redeemer:

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WELCOME TO THE CHURCH OF THE REDEEMER!

We are in the heart of downtown Toronto, and we gather to celebrate on the traditional lands of the Wendat, Haudenosaunee, and Anishinaabe Nations, including the Mississaugas of the Credit First Nation. Our beautiful building connects us to the rich heritage of our city while also drawing us deeper into the roots of our Anglican tradition. Just as the streetscape around us has evolved over the years, our members have changed to reflect the growing, vibrant and progressive Christian community found at the Redeemer today. We come from a variety of faith traditions (and sometimes no faith tradition at all), and we like it that way. We are students, workers, retired, homeless, not limited by sexual orientation, gender identity or personal history. We are at the very beginning of our life with Jesus, and we are deeply steeped in a life complicated by faith. We open our doors to worship God and to learn about Jesus, and how all of this might just transform our lives.

If you would like to stay up to date with our news and events, please feel free to subscribe to our eNewsletter by going to theredeemer.ca/newsletters.

theredeemer.ca

[instagram.com/TheRedeemerTO](https://www.instagram.com/TheRedeemerTO)

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If you would like to support the ministry of this parish with a financial gift, scan the QR code to go to our online donation page. We thank you for your generosity.

President: Paige Souter

Welcome

Land Acknowledgement

Opening Hymn: #292 (Common Praise) "We Cannot Measure How You Heal"

Redeemer Music Team



1. We can - not mea - sure how you heal or an - swer ev - ery suf - ferer's
2. The pain that will not go a - way, the guilt that clings from things long
3. So some have come who need your help and some have come to make a-



prayer, yet we be - lieve your grace re - sponds where faith and doubt u -
past, the fear of what the fu - ture holds, are pres - ent as if
mends, as hands which shaped and saved the world are pres - ent in the



nite to care. Your hands, though blood-ied on the cross, sur - vive to
meant to last. But pres - ent too is love which tends the hurt we
touch of friends. Lord, let your Spir - it meet us here to mend the



hold and heal and warn, to car - ry all through death to life and
nev - er hope to find, the pri - vate ag - o - nies in - side the
bod - y, mind, and soul, to dis - en - tan - gle peace from pain and



cra - dle chil - dren yet un - born.
mem - o - ries that haunt the mind.
make your bro - ken peo - ple whole.

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✠ The Gathering of the Community

Paige Souter

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

All: **And also with you.**

The Collect of the Day

Paige Souter

Priest: Living God,
in Christ you make all things new.
Transform the poverty of our nature
by the riches of your grace,
and in the renewal of our lives
make known your glory;
through Jesus Christ our Lord,
who is alive and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

✠ Proclamation of the Word

First Reading:

Heather Bennett

Reader: A Reading from the Book of Deuteronomy.

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: This is the word that God has made known to us.

Deuteronomy 18.15-20

All: **Thanks be to God.**

A moment of silence is observed

Refrain

Our rev-erence for You is the be-gin - ning of wis - dom.

Praise the Beloved, O my soul!

I will give thanks to You with my whole heart,
To all who will listen, I will tell of your greatness.

Wonderous is Creation, Great Builder;
I take pleasure in pondering your Work. **Refrain**

Full of honour and integrity are your teachings;
those who follow them will find new life.

You lift the hearts of those who suffer;
You come to them in their need. **Refrain**

Your steadfast Love is food for the soul,
nourishment in time of fear.
You are ever-mindful of your covenant,
a very Presence to the weary and the afflicted. **Refrain**

Your Voice is the truth to those with ears to hear,
your precepts are sure;
Written on the hearts of your people
they are to be lived forever with faith-filled love and assurance. **Refrain**

You bring new life to the world;
Yes! Life in abundance is your gift to us.
Holy and glorious is your Name!
Reverence for You, O Holy One, is the beginning of wisdom;
a good understanding have all who practice it.
Your spirit endures forever. **Refrain**

A moment of silence is observed

Second Reading:

Heather Bennett

Reader: A Reading from the First Letter of Paul to the Corinthians.

Now concerning food sacrificed to idols: we know that “all of us possess knowledge.” Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him.

Hence, as to the eating of food offered to idols, we know that “no idol in the world really exists,” and that “there is no God but one.” Indeed, even though there may be so-called gods in heaven or on earth—as in fact

there are many gods and many lords— yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. “Food will not bring us close to God.” We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

Reader: This is the word that God has made known to us.

1 Corinthians 8.1-13

All: **Thanks be to God.**

A moment of silence is observed

Gospel Acclamation

Redeemer Music Team

The Gospel

Steven Mackison

Priest: The Lord be with you.

All: **And also with you.**

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

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

They went to Capernaum; and when the sabbath came, Jesus 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.

Priest: The Gospel of Christ.

Mark 1.21-28

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

Homily: Katy Waugh

A moment of silence is observed

Statement of Faith

Steven Mackison

Priest: We believe

All: **in the God of Abraham and Isaac and Jacob,
who journeys with us through life,
and leads us to new beginnings.**

**We believe in the God of Moses,
who frees us from oppression and guides us
through desert, wilderness, and sin to the Promised Land.**

**We believe in the God of the prophets,
who asks for justice in our land,
and cares for the poor.**

**We believe in Jesus Christ,
who brought the Gospel to us,
who celebrated God's unconditional love for everyone.**

**We believe in the Holy Spirit,
who forms and molds us into God's image,
who sends us out to serve God and people,
who leads us to everlasting life. Amen.**

Prayers of the People

Karen Turner

Leader: In today's readings, we are given examples of the many gifts God offers us when we trust in His word. You are invited to join together in prayer, and offer your own prayers silently or aloud.

We pray for the church throughout the world. We give thanks for those Christians who continue to proclaim the Good News of Jesus Christ. He is the Prince of peace. Be with Christians in war torn parts of the world, who long for peace and the freedom to worship without fear. As we approach our annual Vestry we pray for this parish. We give thanks for the good work that each of us is called to do. May we respond generously to Your vision for ministry at the corner, with our time, our talent, and our treasure!

A silence is observed, please add your own prayers, silently or aloud.

Leader: Praise the Lord.

All: We will give thanks to the Lord with our whole heart.

Leader: We pray for the world. As Louis Armstrong once sang, 'What a wonderful World!' We thank you for Your creation. We pray that through You, your gift may be restored and sustained for future generations. We pray for wisdom among nations and leaders who work for the causes of peace and justice for all.

A silence is observed, please add your own prayers, silently or aloud.

Leader: Praise the Lord.

All: We will give thanks to the Lord with our whole heart.

Leader: In our country, we pray for Justin, Doug, Olivia, and all whom we entrust with authority to govern with wisdom, passion, and civility. We pray for the ongoing work of healing and reconciliation with all whom we have offended or exploited. In our own community, we pray for those who lack shelter, employment, food security, or friendships. We give thanks for the work of the Common Table, our refugee committee, and all who offer comfort and sanctuary to those in need.

A silence is observed, please add your own prayers, silently or aloud.

Leader: Praise the Lord.

All: We will give thanks to the Lord with our whole heart.

Leader: We pray for those whom we know who are sick in body or mind. Give strength to those who care for them in hospital, on our streets, or at home. We remember with thanksgiving the life and witness of those who have died. To those who mourn, give us the strength to be the shoulder to cry on, the hands to uphold, the ears to listen.

A silence is observed, please add your own prayers, silently or aloud.

Leader: Praise the Lord.

All: **We will give thanks to the Lord with our whole heart.**

Leader: All these prayers we offer in praise and thanksgiving for all the gifts you have bestowed on us. To quote from the great Satchmo's song, 'I see skies of blue, and clouds of white, the bright blessed days, dark sacred nights. And I think to myself, what a wonderful world!'

All: **Amen.**

The Peace

Priest: The peace of the Lord be always with you.

People: **And also with you.**

Hymn: #384 (Common Praise) "Praise to the Lord"

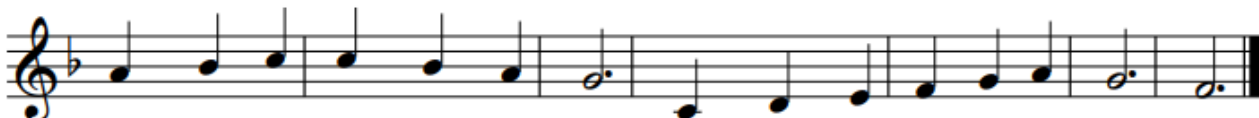
Redeemer Music Team



1. Praise to the Lord, the Al-might-y, the King of cre - a - tion; O my soul,
2. Praise to the Lord, who o'er all things so wond-rous-ly reign-eth, shel - ters thee
3. Praise to the Lord, who doth pros-per thy work and de-fend thee; sure - ly his
4. Praise to the Lord, who, when tem-pests their war-fare are wag - ing, who, when the
5. Praise to the Lord, who when dark-ness of sin is a-bound-ing, who when the
6. Praise to the Lord! O let all that is in me a - dore him! All that hath



praise him, for he is thy health and sal - va - tion: all ye who hear,
un - der his wings, yea, so gent - ly sus - tain - eth: hast thou not seen
good - ness and mer - cy here dai - ly at - tend thee: pon - der a - new
el - e - ments mad - ly a - round thee are rag - ing, bid - deth them cease,
god - less do tri - umph, all vir - tue con-found-ing, shed-deth his light,
life and breath come now with prais - es be - fore him! Let the A - men



sib - lings in Christ now draw near, praise him in glad ad - o - ra - tion.
how thy en-treat - ies have been grant - ed in what he or - dain - eth?
what the Al-might - y can do, if with his love he be-friend thee.
turn - eth their fu - ry to peace, whirl-winds and wa-ters as - suag - ing.
chas - eth the hor - rors of night, saints with his mer-cy sur-round-ing.
sound from his peo - ple a - gain: glad - ly for aye we a - dore him.

The Lord's Prayer

Priest: As our Saviour taught us, let us pray.

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 Giving and Receiving of Communion

Paige Souter

Priest: Dear friends, I invite you in this moment, wherever you may be, to receive Christ, in communion with the saints, and the gathering of God's people, unseen and yet present with us now.

For those of us participating at home, it is a strange experience to be invited to Communion – not through the physical bread and wine we can touch and taste – but a Spiritual Communion with the God who comes to meet us wherever we are.

There are no special words or prayers for this, all the Church has ever thought necessary is genuine true desire, lively faith, and genuine love. Come honestly before God the way you know how.

You may wish to pray quietly this prayer to help you:

One: Lord, you stand at the door of my heart and knock.
You wait for me and only I can let you in.
I believe and trust in you and ask you now
to fill me with your presence.
Feed me with your body and unite me in your blood,
that I may be your blessing to a world in need. Amen.

Healing

For those desiring prayers for healing, please contact one of the clergy present privately in the chat.

The Doxology

Priest: 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
forever and ever. Amen.**

Announcements



1. God, whose giv - ing knows no end - ing, from your rich and end - less
2. Skills and time are ours for press - ing toward the goals of Christ, your
3. Trea - sure, too, you have en - trust - ed, gain through powers your grace con -



store - na - ture's won - der, Je - sus' wis - dom, cost - ly cross, grave's shat - tered
Son: all at peace in health and free - dom, rac - es joined, the church made
ferred, ours to use for home and kin - dred, and to spread the gos - pel



door - gift - ed by you, we turn to you, of - fer - ing up our - selves in praise;
one. Now di - rect our dai - ly la - bour, lest we strive for self a - lone.
word. O - pen wide our hands in shar - ing, as we heed Christ's age - less call,

The Dismissal

Steven Mackison

Priest: Followers of Jesus, inspired by the Holy Spirit,
serve the world God loves. Alleluia!

People: **Thanks be to God. Alleluia!**

FURTHER CREDITS FOR THIS BULLETIN

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Prayers of the People by Peter Bennett.

The cover image “Exorcism at the Synagogue in Capernaum” is courtesy Wikipedia.

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WORSHIP WITH US

Sunday January 28 (Fourth Sunday after the Epiphany)

7:00 PM – Taizé (in the Church and through YouTube)

8:00 PM – Compline (Zoom only)

Sunday February 4 (Presentation of the Lord - Candlemas)

9:00 AM – Spiritual Communion (Zoom only)

10:30 AM – Holy Eucharist (in the Church and through YouTube)

2:00 PM – Staying Connected (Zoom only)

8:00 PM – Compline (on Zoom only)