

Forest Hill United Church  
'open doors, open hearts, open minds'



5th Sunday after Epiphany  
February 5, 2023 10 a.m.



WELCOME to worship!

## Gathering

\*\* Please rise in spirit or in body as you are able

Prelude: All Hail the Power of Jesus' Name VU 334

Welcome, Announcements & Acknowledgement:

### Land Acknowledgement

At Forest Hill United Church, we acknowledge that our church is built on ancestral, traditional and unceded Wolastoqiyik (wolas-to-qiyik) land.

### Declaration of a Safe Place

Forest Hill United Church is a safe place for people to gather, regardless of race, creed, age, cultural background, family status, sexual orientation and gender identity.

### Lighting of Christ Candle

Introit: VU 96 Tune VU 567

**Will you come and see the light from the stable door?  
It is shining newly bright, though it shone before.  
It will be your guiding star,  
it will show you who you are;  
will you hide, or decide to meet the light?**

### Call to Worship:

One: Praise the Holy One! Be in awe of God!  
Many: **Happy are those who delight in the Holy One's presence!**

One: Fear no evil. Keep your heart firm. Be secure in God!

Many: **Happy are those who delight in the Holy One's protection!**

One: Arise for what is right. Be pursuers of justice.

Many: **Happy are those who delight in the Holy One's power!**

Opening Hymn: Ka mana'o 'I'O

MV 103

Gathering Prayer: (All)

**Holy One, we gather as a community to worship you in spirit and in truth. May we resist empty actions. Let our rituals and routines hold meaning and connect us to you. May we seek an encounter with you to receive your revelation and be transformed, healed, and renewed. Let it be so. Amen.**

Learning Time:

Prayer that Jesus Taught: Adaptation by Jim Cotter

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,  
Source of all that is and that shall be.

Father and Mother of us all,

Loving God, in whom is heaven:

the hallowing of your name echo through the universe!

The way of your justice be followed by peoples of the world!

Your heavenly will be done by all created beings!

Your commonwealth of peace and freedom

sustain our hope and come on earth!

With the bread we need for today, feed us.

In the hurts we absorb from one another, forgive us.

In times of temptation and test, strengthen us.

From trials too great to endure, spare us.

From the grip of all that is evil, free us.

For you reign in the glory of the power that is love,

now and forever. Amen.

Hymn of Praise: Holy Spirit Hear Us

VU 377

*Those going to Sunday School will leave after the first verse*

Prayer for Transformation and New Life:

One: Righteous One, it is not easy to follow your path.

**Many: Your way requires sacrifice and intention – resisting cultural norms and societal pressures and abandoning our need to control and to function by our own power.**

One: Sometimes, we add complexity in order to assure ourselves it is not possible to be faithful. Yet, your way is simple.

**Many: Soften our hearts and encourage us to return to the journey with you.**

*-silent reflection-*

Words of Grace:

## Exploring

Words from Our Bible:

Isaiah 58:1-12

Psalms 112 – VU 834

Matthew 5:13-20

One: In this is the word of God for the people of God.

All: **Thanks be to God**

\*\*Hymn of Reflection:      Though I May Speak      VU 372

Reflection:

Special Music:      Another Day in Paradise      by Phil Collins

## Responding

Presentation of our Gifts

Sung Response:      Spirit, Open My Heart      MV 79

**Spirit, open my heart to the joy and pain of living.  
As you love may I love, in receiving and in giving,  
Spirit, open my heart.**

Blessing the Gifts: (together)

**God of Heaven and Earth, receive our gifts as a deposit of trust in your faithfulness and a seed of hope for the flourishing of your kingdom. Amen**

Prayers of our Community:

Sung Response:      And When You Call for Me      MV 96

**And when you call for me,  
I have already answered.  
And when you call for me,  
I am already there.**

Closing Hymn:      I Am the Light of the World      VU 87

Commissioning and Sharing the Light:

Choral Amen:      MV 220

**Hope shines as the solitary star,  
faith is the inner light.  
You and I together mirror the Light of Lights,  
and illumine the pathway home.**

Postlude:      O Lord My God (How Great Thou Art)      VU 238

Break Every Yoke: Service Prayers for the Fifth Sunday after Epiphany was written by The Rev. Dr. Cheryl A. Lindsay, Minister for Worship and Theology, United Church of Christ and copyrighted by the National Setting of the United Church of Christ, 1300 E. 9th Street, Suite 1100, Cleveland, Ohio 44114

OFFICE

(506) 455-0988 | [foresthillunited.com](http://foresthillunited.com)

---

Worship Leader – Heather Donnelly, LLWL  
Pastoral Care – Rev. Ian Manson 506-333-8318 and  
Diane Robinson 459-8779

Usher – John Neville  
Tellers – William Hughes and Robert Christie  
Hospitality – Jennifer Abbott  
Music – Alex Good, Brian Cassidy and Libby Cassidy

Administrative Assistant - Kris Yarych  
Tuesday & Thursday 8:45 to 11:45 a.m.

[foresth.office@bellaliant.com](mailto:foresth.office@bellaliant.com)