

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



5th After Epiphany – February 9, 2020 10 a.m.

WELCOME to worship!

OFFICE HOURS

(506) 455-0988 | foresthillunited.com

Minister - Rev. Deborah Ambridge Fisher  
Monday and Tuesday 8:45 a.m. to 2:45 p.m.  
revdeborahfhuc@gmail.com (506) 999-4189 [cell]

Minister Emeritus – Rev. Bob Jones Ph.476-8020

Musical Director – Alex Good

Greeters – May Houston and Jennifer Abbott

Tellers – William Hughes and Robert Christie

Administrative Assistant - Kris Yarych

Tuesday 1:45 – 4:45 p.m. & Thursday 12:45-3:45 p.m.  
foresth.office@bellaliant.com

## Gathering

*At the \*\*, please rise or remain seated as you desire.*

Prelude

Lighting of the Christ Candle

\*\*Introit:

VU 477

I come with joy, a child of God,  
forgiven, loved and free,  
the life of Jesus to recall  
in love laid down for me,  
in love laid down for me.

Welcome

Call to Worship:

One: In the sermon on the mount, Jesus invites us to be salt and light. It is clear that Jesus totally believes in us. This crystal salt lamp is both light and salt. Its promoters claim the light heating the salt causes the salt crystal to release negative ions. The ions bind with pollutants in a room, which then fall to the ground, so the air is cleaner. And perhaps because breathing is so basic, they claim that healing is offered to just about everything going when a salt lamp is active in a space.

All: We gather to absorb the “light and salt” faith that God in Jesus clearly has placed in us. He actually calls us the light of the world and the salt of the earth. As salt and light, we are to absorb all those divine ions God sends to us, and to go forth as ionized light, to shine so brightly that others can see their way through chaos and challenges. We come as the salt of the earth and light of the world, to be energized in worship today.

Adapted from the prayer by David Lander, while at Castleton-Grafton P.C., Grafton, ON. Gathering, Advent/Christmas/Epiphany 2019-2020 page 48. Used with permission.

At Forest Hill United Church, we acknowledge that our church is built on ancestral, traditional and unceded Wolastoqey land.

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.

For detailed announcements please see the announcement page on the bulletin boards or easel in the sanctuary.

Gathering Prayer: (All)

Loving Creator,  
help us enfold one another  
in blankets of loving encouragement,  
when we falter in the snows of life.  
Help us assure and affirm each other  
when we find ourselves  
lost in the deep of winter.  
Help us follow your billowy footprints  
into sanctuaries of sheltering.  
Wrap us in your cozy warmth  
and your soft light of acceptance. Amen.

Jani Francis, St. Andrew's U.C., Indian Head, Sask. Gathering,  
Advent/Christmas/Epiphany 2019-2020 page 48. Used with permission.

\*\*Opening Hymn: Spirit, Open My Heart MV 79

Story Time:

Prayer that Jesus Taught

\*\*Song of Praise: Jesus Bids Us Shine VU 585

*During hymn, children and teachers will leave for Sunday School.*

Prayer of Confession

Promise of Assurance

## Exploring

Words from Our Bible: Bob Fisher

Isaiah 58:1-12  
Psalm 112 VU Page 834  
Matthew 5:13-20

One: In this is the word of God for the people of God.  
All: Thanks be to God

Special Music:

Reflection: Everything in moderation

\*\*Hymn of Reflection: Let There Be Light VU679

## Responding

Presentation of Our Gifts

\*\*Offering Verse: VU 603 v.2

We are the hands and feet of Christ,  
serving by grace each other's need.  
We dare to risk and sacrifice  
with truthful word and faithful deed.

\*\*Prayer After Giving:

Prayers of Our Community:

Lord, listen to your children praying, VU 400  
Lord, send your Spirit in this place;  
Lord, listen to your children praying,  
send us love, send us power, send us grace!

\*\*Closing Hymn: We Are Marching VU 646

\*\*Sharing the Light

\*\*Commissioning and Benediction:

\*\*Choral Amen:

Go now in peace. Never be afraid.  
God will go with you each hour of every day.  
Go now in faith, steadfast, strong and true,  
Know God will guide you in all you do.  
Go now in love, and show you believe.  
Reach out to others so all the world can see.  
God will be there, watching from above.  
Go now in peace, in faith and in love.  
Amen, Amen, Amen (Don Besig)

Postlude

*Please join us for coffee and conversation after worship*

Forest Hill Important Dates

1. Meeting of the Spiritual Guidance Committee: February 11 at 6:30 p.m.
2. Feb. 16th --anniversary service with cake!
3. The 2020 AGM for Forest Hill United Church will be held Feb. 23rd following church
4. Feb. 25th (Tuesday) Shrove Tuesday pancake supper 5:30

If we need to cancel services due to poor weather, a cancellation notice will be on the main telephone line (455-0988), the Facebook page and an email will be sent to the congregational list by 8:30 a.m.