



TRINITY ST. PAUL'S
UNITED CHURCH
FAITH JUSTICE ARTS

February 1st, 2026 – 10:30 am
Fourth Sunday after Epiphany
Black History Month Worship

WE GATHER TO WORSHIP

"I have come to believe over and over again that what is most important to me must be spoken." - Audre Lorde [Grenada]

Prelude: *Redemption Song* by Bob Marley

Acknowledgment of Traditional Territory

Ann Russell

In this season of Epiphany, and in this month when we honour Black history as a story of faith, survival, and prophetic resistance, we listen for the voices that rise from this land, voices long silenced, resisted, or ignored. We hear the ongoing cries for justice from Indigenous communities, calling us beyond acknowledgment toward repair, right relationship, and shared future.

**As treaty people,
and as people shaped by a prophetic Christ,
we receive this call with humility and courage:
to listen deeply,
to learn truthfully,
and to walk together in the long work of justice and reconciliation,
trusting that God still raises voices from the margins,
and still speaks a living word in this place.**

Lighting of the Christ & Community Candles

We light these candles as signs of One Love,
love that resists despair,
love that tells the truth,
love that makes a people.

**Christ is our light in every place of struggle.
Community is our fire when hope runs low.
God is here.**

Christ is speaking.
The Spirit is still calling. (*Candles are lit.*)

Words of Welcome

Welcome, beloved, Trinity-St. Paul's family, friends, visitors, and all are joining in person and online. Today we gather in the bright tension of Epiphany: God revealing what is real, and calling us toward what is possible. In this Black History Month, we celebrate Black life in all its beauty and breadth, and we give thanks especially for the Caribbean gift to the world: music that carries memory, faith that survives exile, and joy that refuses to die. This is worship shaped by One Love, a love that sings, a love that protests, a love that builds community. Welcome to this place of holy rhythm and holy resistance. Welcome to worship.

Gathering Words:

Come, people of God, One Love is calling us.
Come with your stories, your laughter, your lament.
Come with ancestors near in memory and Spirit.

We come to remember.

We come to give thanks.

We come to praise.

Come, people of God, One Love is not easy love.
It is love that breaks chains, tells truth, and makes room.
It is love that refuses to forget the wounded.

We come to listen.

We come to learn.

We come to seek justice.

Come, people of God, One Love is a holy chorus.
Many voices. Many tongues. One Spirit.
Many rhythms. One heartbeat.

We come with gratitude.

We come with hope.

We come with joy.

Hymn: *I am the Way* by Richard Ho Lung

1 I am the Way, the King of the Victory
I am the Truth, the God of the Harmony
I am the Light, the Light of the world to be

Refrain

*Hosanna! I hold your hand my friend,
Hosanna! I give you strength my friend,
Hosanna! You walk the sea my friend;
We're sailing to victory!*

*Sailing (sailing), sailing (sailing)
Sailing cross the river, sailing!
Sailing (Jesus), sailing (sailing)
Sailing cross the river, sailing!*

*Freedom (brother), freedom (sister)
Freedom in the life of Jesus*

*Hosanna! I hold your hand my friend,
Hosanna! I give you strength my friend,
Hosanna! You walk the sea my friend;
We're sailing to victory!*

2 I am the Vine, you shall abide in Me,
I am the River, you shall be cleansed in Me,
I am the Rock, you shall have life in Me. **Refrain**

3 I am your God, rising in victory.
I am your sibling, living in flesh with thee
I am your saviour, dying on Calvary. **Refrain**

Opening Prayers of Praise and Lament

Silent Reflection

Words of Encouragement & Passing of the Peace:

Beloved, the love of God is not fragile.
It has crossed oceans.
It has survived chains and exile, silence and sorrow.
It has learned to sing in the dark.

**In Christ, we meet a love that refuses to abandon the world,
a love that heals what is broken,
gathers what is scattered,
and names us family.**

This is One Love,
made flesh, shared in community, poured out for life.

We receive the good news of the gospel that:

"God's love has been poured into our hearts through the Holy Spirit." (Romans 5:5)

So, forgiven and renewed, held in one body,
let us share Christ's peace with one another.
The peace of Christ be with you.

And also with you.

(You are invited to share a sign of Christ's peace in person or online, with a word, a gesture, or a quiet blessing.)

Anthem: *One Love* by Bob Marley (TSP choir with musical friends: The Sattalites, George Koller, Tom Reynolds, Kenny Kirkwood)

WE GROW IN FAITH

"We are going to emancipate ourselves from mental slavery, for though others might free the body, none but ourselves can free the mind." - **Marcus Garvey** [Jamaica]

Introduction to the Scripture

Ann Russell

In today's readings, we hear of a God who does not leave people without a voice, and a Christ who speaks with a freedom that unsettles and heals. In Deuteronomy, God promises to raise up a prophet from among the people, one who will speak God's word with truth and responsibility. In Mark, we see that promise embodied, as Jesus teaches with an authority that liberates and restores. Let us listen for the living Word that still speaks, still challenges, and still calls us toward life.

Scripture: Deuteronomy 18:15-19 (Inclusive Bible)
Mark 1:21-28 (*Inclusive Bible*)

Herein is wisdom.

Thanks be to God.

Response: VU 958 Halle, Halle, Hallelujah

**Halle, halle, hallelujah!
Halle, halle, hallelujah!
Halle, halle, hallelujah!
Hallelujah! Hallelujah! Hallelujah!**

Sermon: *"One Love - Black History Month as Prophetic Resistance"*

Silent Reflection

WE CELEBRATE, GIVE & PRAY

"To write is to refuse silence." - **Jamaica Kincaid** [Antigua]

Holy Communion

- Introduction & Thanksgiving,
- Institution & Re-enactment,
- Distribution and Eating, and

Communion Hymn: MV 192 *We Come Now to Your Table, O God*

**We come now to your table God,
you are the Living Bread.
We come now to your table God,
let ev'ry soul be fed.
You are the Living Bread,
let ev'ry soul be fed:
and now may ev'ry soul be fed
with Living Bread. (2X)**

- Prayer after Communion:

**Eternal God,
you have met us at this Table with grace,
feeding us with Christ's life, love, and hope.**

**May this bread strengthen us for justice,
and this cup unite us in compassion.
Send us now as a people of mercy, courage, and peace,
to live what we have received.**

**In gratitude and faith,
we offer ourselves to you.
Amen.**

Offering Invitation

One Love is not only sung, it is practiced.
We give because we belong to God and to one another.
We offer our gifts in gratitude and in commitment to a more just world,
for the flourishing of our neighbours near and far.
Let us give with joy.

**May these gifts become signs of Christ's living presence
among neighbours near and far.**

(The offering is collected in the sanctuary. For those online, you are welcome to donate to the work of TSP with the QR code below.)



Offertory Hymn: VU468 *Let Us Talents and Tongues Employ*

**1 Let us talents and tongues employ,
reaching out with a shout of joy:
bread is broken, the wine is poured,
Christ is spoken and seen and heard.**

**R Jesus lives again, earth can breathe again,
pass the Word around: loaves abound!
Jesus lives again, earth can breathe again,
pass the Word around: loaves abound!**

2 Christ is able to make us one,
at the table he sets the tone,
teaching people to live to bless,
love in word and in deed express. *R*

3 Jesus calls us in, sends us out,
bearing fruit in a world of doubt,
gives us love to tell, bread to share:
God (Immanuel) everywhere! *R*

Doxology: MV 182 *Grateful* (Refrain)

Grateful for the life you give us,
thankful for your Holy Son,
joyful in your Spirit flowing over all,
O God of Love.
Grateful for the Bread of Heaven,
thankful for your Holy Word,
joyful in your mercy flowing,
we will praise you.

Prayers of the People

Loving God, hear our prayer.
And in your love, answer.

Sung Response: *By The Rivers of Babylon*, chorus, adopted by H. Critchlow

By the rivers of Babylon
There we sat down
And there we wept
When we remembered Zion

By the rivers of Babylon
There we sat down
And there we wept
When we remembered Zion

Encircling Prayers... *We hold in our prayers:*

Trinity-St. Paul's United Church
Betty Butterworth
Greg and Vera Callaghan

Shining Waters Regional Council
Hope United Church, Toronto
Knox United Church, Agincourt
Bala United Church

WE GO TO GOD'S WORLD

"Get up, stand up: stand up for your rights." - Bob Marley [Jamaica]

Closing Hymn: *The Right Hand of God* by Noel Dexter

1 The right hand of God is writing in our land,
writing with power and with love,
our conflicts and our fears,
our triumphs and our tears
are recorded by the right hand of God.

2 The right hand of God is pointing in our land,
pointing the way we must go,
so clouded is the way,
so easily we stray,
but we're guided by the right hand of God.

3 The right hand of God is striking in our land,
striking out at envy, hate, and greed.
Our selfishness and lust,
our pride and deeds unjust,
are destroyed by the right hand of God.

4 The right hand of God is healing in our land,
healing broken bodies, minds, and souls,
so wondrous is its touch
with love that means so much,
when we're healed by the right hand of God.

Life and Works of the Community

Benediction

Postlude: "Let's Get Together"

*One Love! One Heart! Let's get together and feel all right.
One Love! One Heart! Give thanks and praise to God and feel all right.
Let's get together and feel all right.*

The flowers this Sunday are donated in memory of Paul Stott from Lynne and family.



Upcoming Dates:

February 2026

February 1: Engaging at TSP / Volunteer Fair

February 8: Book Talk - "On Dismantling Settler Colonialism" (after service)

February 10: Board Meeting

February 15: TSP Treasures and Treats Winter Fundraiser (11:45-2pm)

February 18: Ash Wednesday (7pm)

March 2026

March 8: New Members' Session (Follow Up)

March 22: Annual General Meeting

Further Ahead (please save the date - more details to follow):

April 24-26: Climate Justice Weekend Event

June 12-13th: Artists Wage Peace Weekend Event

Connecting with Hewitt in February

Hewitt will be in the building at Trinity-St. Paul's for three Sundays each month to lead worship and share in the life of our congregation. During those weeks, he will also be in the church office Monday through Wednesday. On Thursdays, Hewitt will be working from home and is available for online meetings or conversations. Fridays are his Sabbath day off. One week of each month will be Hewitt's reading and research week and he will be available for pastoral emergencies only. In February, Hewitt will be away (February 22-28). If you would like to connect with Hewitt for pastoral care, conversation, or to discuss church life, you are welcome to reach out during his office hours, schedule an online meeting, or meet with him following Sunday worship. His email is hholmes@trinitystpauls.ca and 416 9228435 ext. 24

Engaging at TSP/Volunteer Fair

Please join us after worship on February 1 for a conversation about ways to get involved in the shared work of our community. At TSP, the life of the church is shaped not only by worship, but by the gifts people choose to share with one another throughout the year. We'll offer a brief overview, then move into the Narthex for more conversation, questions and, hopefully, sign-ups. Join us as we discern together how your gifts might serve the life and ministry of TSP.

Lent 2026 Life and Faith Conversations

Deep Listening - Phase 2

Trinity-St. Paul's United Church | In person & online

This Lent, you are warmly invited into Life & Faith Conversations. This time is about creating gentle, honest, and hope-filled spaces to reflect, share, pray, and journey together through the season of Lent. You are welcome to join us for all four sessions, or to attend whichever session feels right for you.

Dates & Time: February 18, March 11 & 25, April 2, 2026, 7:00-8:00 p.m.

This will be in person at TSP & online (Zoom link available from the church office)

February 18 - Ash Wednesday Gathering (Sanctuary)

- Grounding in the season of Lent
- Circle conversation with deep listening and affirmation
- Imposition of ashes and other spiritual practices to carry us into the weeks ahead.

March 11 & 25 - Lenten Listening Circles

- Centering for the Session
- Space for life stories, faith questions, grief, and hopes
- Contemplative and embodied spiritual practices
- Companionship in a season of reflection and renewal

April 2 – Maundy Thursday Gathering (Sanctuary)

- Scripture, storytelling, and shared reflection
- Foot-washing ritual
- Agape meal and prayers of love and commitment
- Closing of Deep Listening – Phase 2

Come as you are. Bring your questions, weariness, courage, and longing.

These gatherings are part of TSP's Deep Listening journey, curating holy and healthy space for connection, healing, discernment, and spiritual conversations as we move toward Easter together. All are welcome!

Winter Choral Development Program

The Choral Development Program (CDP) offers a dynamic and enriching environment for singers to elevate their musical abilities through Solfege and Dalcroze methods. Join us for an intensive one-month session every **Thursday at 6 pm - 6:50 pm, starting February 5th**. No reservation needed. All welcome. See the E-Newsletter for the full description.

Indigenous Rights Solidarity & Book Talk

On February 8th in the Studio after morning service, John Olthuis will lead a discussion about TSP's Indigenous Rights Solidarity Group and make some comments about his recently published book *On Dismantling Settler Colonialism – An Insider's Perspective on Reconciliation WITH Indigenous Peoples*.

Treasures and Treats Winter Fundraiser

Drop Off Schedule:

Sunday, February 8th will be the first day to receive items from 10 AM - 10:25 AM and after service until 12:30 PM. Lina and Gillian will be stationed in the Narthex.

Other dates for drop off include:

10 AM - 12PM Monday, February 9th - Thursday, February 12
 4 PM - 6PM - Monday, February 9th & Thursday, February 12
 9AM - 10:45 AM - Friday, February 13

Volunteer Support Needed

Saturday, February 14 - 7PM - 9PM: PRE-SET UP in the Studio

Sunday, February 15th - 3PM: TEAR DOWN

If you have not signed up for a role, please feel free to reach out to me to find work, or join us after 8AM for set up or at 11:30 AM to finalize set up and help with the sale.

Please contact liana at liana.cook2@gmail.com to participate.

Food Items

If you are planning on donating food items, please identify your ingredients/key allergens. Drop off can happen anytime after 8AM before 11:30 AM in the Main Kitchen on February 15th.

For more details, or to volunteer, please contact:

Lina Medaglia (647-525-1011, medaglia.miller@rogers.com) or
 Gillian Graham (647-550-6013, gillian.graham@alumni.utoronto)

Lay Leadership Opportunities for 2026

Do you want to share your gifts with the wider TSP family or join our team of leadership? We are prayerfully seeking lay leaders to serve in several important roles in the life of Trinity-St. Paul's.

- **Incoming Chair of the Board:** to receive mentoring from the current Chair of the Board on the functions of the Board.
- **Co-Chair Finance:** Oversees the church's budget, manages resources responsibly, and supports the congregation's long-term financial health.
- **Stewardship** — We seek Co-Chairs: one with a focus on finance and one on lay leadership.
 - **Co-Chair Stewardship Volunteers / Lay Leadership Focus:** Invites adherents/members into meaningful service and helps people discover where they are called to lead.
 - **Co-Chair Stewardship Focus on Finance:** Supports the congregation's financial health through budgeting and encouraging generous giving. (The person in this role may also serve as Co-Chair Finance concurrently, as is currently the case.)
- **Other Leadership Roles:**
 - **Member-at-Large:** Brings independent listening and voice to the Board discussions and decisions.

- **Regional Council Representative:** Acts as a liaison between our congregation and the wider church. TSP is allowed two representatives.
- **Chair of the Children's Circle:** Supports the spiritual life and programming for children.
- **Co-Chair of Worship & Faith Formation:** Shapes worship and faith development (we are seeking two co-chairs).

If you feel even a gentle nudge to explore any of these opportunities, please speak with either the Board Chair, Lois, the Minister, Hewitt, Stewardship of Volunteers, Alex.

New Members Follow-Up Session

If you have attended a previous New Member Session, please plan to attend a "Part 2" Session on **Sunday, March 8**, after service from 12–1:30 pm. If you have not yet attended a New Members Session, you are welcome to join, and a follow-up time will also be arranged for you to meet with Hewitt as part of our shared discernment.



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*Trinity–St. Paul's is an inclusive community of faith of the United Church of Canada. We seek to be a centre for Faith, Justice and the Arts: **a place for faith**, where the Gospel is lived and shared; **a place for justice**, where voices are raised for peace and equity; **a place for the arts**, where beauty, imagination, and creativity reveal God's presence.*

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Secretary of the Board: Dan Main

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