

# Virtual Worship from St. Paul's Anglican Cathedral, Kamloops BC

Sunday, February 14, 2021 | The Last Sunday after the Epiphany (Transfiguration)  
Virtual Annual Meeting Sunday

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*Dean Ken and Melissa Green lead worship today; Dean Ken preaches; Gail Ovington is on keyboards today*

*Our service today is shortened given our Annual Meeting of Cathedral Parishioners which follows this service at 11 a.m. by Zoom. There will be no coffee chat this morning.*

*Today's service originates from the traditional territory of the Tk'emlúps te Secwepemc – Kamloops & Area First Nation. We acknowledge their care for and working of the land prior to contact with Europeans. As Canadian Anglicans, we continue to work toward healing and reconciliation and a new experience of sharing the land together.*

*Flowers on the altar today are given to the Glory of God and in loving memory of Bud Forbes by Jo-Lynn. May he rest in peace with all the saints in Gods Heavenly Kingdom. Also in loving memory of Clarissa Kavanagh by Elizabeth.*

*Organ Prelude: Joyous Celebrations by Gilbert Martin (b. 1941).*

## WE GATHER TOGETHER ONLINE

Welcome

Melissa Green

Listen! Stop! Halt! Be Quiet!  
Open your Ears. And Listen.  
Put away distractions.  
Focus on what is important.  
Check your priorities.  
Pay attention! And Listen.

Quiet yourself. Open your inner heart.  
Become aware of the body of Christ around you.  
Notice the Spirit present and nudging.  
And Listen. Listen to the Lord who speaks softly.

Listen to the words as they call you.  
Listen to miracle of God Incarnate.  
Listen even if you don't understand.  
Listen To... Listen For... Listen With...  
God. **Amen.**

*"Our Churches" archives; Mennonite Church Canada; used with permission.*

Almighty and everlasting God,  
by your Spirit  
the whole body of your faithful people

is governed and sanctified.  
Receive our supplications and prayers,  
which we offer before you  
for all members of your holy Church,  
that in our vocation and ministry  
we may truly and devoutly serve you;  
through our Lord and Saviour Jesus Christ.  
People **Amen.**

Almighty God,  
on the holy mount you revealed to chosen witnesses  
your well-beloved Son, wonderfully transfigured:  
mercifully deliver us from the darkness of this world,  
and change us into his likeness from glory to glory;  
through Jesus Christ our Lord  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

HYMN      CP 10

Dean Ken

We the Lord's people,  
heart and voice uniting,  
praise him who called us  
out of sin and darkness  
into his own light,  
that he might anoint us  
a royal priesthood.

This is the Lord's house,  
home of all his people,  
school for the faithful,  
refuge for the sinner,  
rest for the pilgrim,  
haven for the weary;  
all find a welcome.

This is the Lord's day,  
day of God's own making,  
day of creation,  
day of resurrection,  
day of the Spirit,

sign of heaven's banquet,  
day for rejoicing.

In the Lord's service  
bread and wine are offered,  
that Christ may take them,  
bless them, break and give them  
to all his people,  
his own life imparting,  
food everlasting.

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#### A READING FROM THE SECOND LETTER OF PAUL TO THE CORINTHIANS

Even if our gospel is veiled, it is veiled to those who are perishing. In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God. For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. 2 CORINTHIANS 4:3-6

Hear what the Spirit says to all people      **Thanks be to God**

#### PSALM SONG 111 (With thanks to [Tom Lehrer](#))

Refrain:      I will give thanks to the Lord with my whole heart,  
                 With all my breath, and all my soul,  
                 My spirit loves what I have found;  
                 I will give thanks to the Lord when I'm alone  
                 And in the company of friends  
                 Who God continues to astound.

1 Great are the deeds of the Lord!  
They are the light that fills our days;  
God's work is royal,  
God's chosen way looks bright,  
Majesty and splendour fill our gaze.      Refrain

2 Food comes to those who know God;  
Know that God's commitments are sure;  
God's hands are loving,  
Faithful, just and true,  
All of God's commandments are pure.      Refrain

3 Know that the fear of the Lord,  
It is the start of wisdom's way;  
those who now act,  
proclaim a simple fact;  
peril and praise are here to stay.

Refrain

4 Hallelujah! Sing amen!  
I will give heartfelt thanks to God  
With my whole heart and voice  
God is my constant choice,  
Hallelujah! Amen again.

Refrain

## THE HOLY GOSPEL OF OUR LORD JESUS CHRIST ACCORDING TO MARK

### **Praise to You Lord Jesus Christ**

Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus.

Then Peter said to Jesus, "Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah." He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, "This is my Son, the Beloved; listen to him!"

Suddenly when they looked around, they saw no one with them any more, but only Jesus. As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead. MARK 9:2-9

The Gospel of Christ.      **Praise to you, Lord Jesus Christ.**

**VIDEO 1      Pre-COVID Cathedral Parish – Enjoy!**

HOMILY

Dean Ken

"There is no wealth but life. Life, including all its powers of love, of joy, and of admiration. That country is the richest which nourishes the greatest numbers of noble and happy human beings; that (humans are) richest, who, having perfected the functions of . . . life to the utmost, has also the widest helpful influence, both personal, and by means of . . . possessions, over the lives of others."

*John Ruskin "Unto This Last"*

Intentions . . . followed by the Music of Taize

VIDEO 2 <https://www.youtube.com/watch?v=t4Svh-9ohg4>

## THE LORD'S PRAYER

As our Saviour taught us, let us pray (*Spoken*)

**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.**

Lamb of God, you take away the sin of the world: **Have mercy upon us.**  
Lamb of God, you take away the sin of the world: **Have mercy upon us.**  
Lamb of God, you take away the sin of the world: **Grant us your peace.**

Let us pray. **O Jesus Christ, Son of the Living God;  
In these times I cannot receive you sacramentally as I wish.  
Come into my soul now, as you came into your world.  
Bring healing and peace. Give comfort and joy.  
Restore your Church in Love. Strengthen us for service  
that when our wanderings end,  
we may in courage and confidence  
bring your love to all creation, Amen.**

*Quiet time – Dean Ken at the piano*

## OUR LENTEN JOURNEY

Dean Ken

Dear friends in Christ,  
every year at the time of the Christian Passover

we celebrate our redemption  
through the death and resurrection  
of our Lord Jesus Christ.

Lent is a time to prepare for this celebration  
and to renew our life in the paschal mystery.  
We begin this holy season  
by remembering our need for repentance,  
and for the mercy and forgiveness  
proclaimed in the Gospel of Jesus Christ.

We begin our journey to Easter with the sign of ashes,  
These being the burnt remains of last year's blessed palm crosses,  
an ancient sign, speaking of the frailty and uncertainty of human life,  
and marking the penitence of the community as a whole.

I invite you therefore, in the name of the Lord,  
to observe a holy Lent  
by self-examination, penitence, prayer,  
fasting, and almsgiving,  
and by reading and meditating on the word of God. **Amen.**

#### A POEM AND A DISMISSAL

Each morning when we awaken with light still hiding in the sleeve of winter, may we  
receive what is needed to meet the challenging requirements of the day.

**O Strengthening Darkness, we are the terminal buds  
waiting in repose, to be energized in our vigilant dormancy.**

Like terminal buds drawing strength from the roots of a wintered tree, we greet the  
darkest days of the year with hope, trusting that the potency of the Holy One's love will  
reinforce this essence of our being.

**O Strengthening Darkness, we are the terminal buds  
waiting in repose, to be energized in our vigilant dormancy.**

When evening arrives each wintered day and our list of "to do" is not fully  
accomplished, let us enter the darkness and discover gratitude for the positive features  
that were experienced.

**O Strengthening Darkness, we are the terminal buds  
waiting in repose, to be energized in our vigilant dormancy.**

Each day let us remember that winter darkness invites us to breathe in stillness, to rest in the arms of silence, where what is of greatest value can be deepened and enhanced in us.

**O Strengthening Darkness, we are the terminal buds  
waiting in repose, to be energized in our vigilant dormancy.**

No matter how expansive the world's suffering, we can unite with that pain through our empathy, the gift of compassion that our experience of darkness empowers in us.

**O Strengthening Darkness, we are the terminal buds  
waiting in repose, to be energized in our vigilant dormancy.**

*Joyce Rupp*

### VIDEO 3    A New Hallelujah

<https://www.youtube.com/watch?v=sU1loeYWdj0>

Can you hear, there's a new song  
Breaking out from the children of freedom  
Every race and every nation  
Sing it out, sing a new Hallelujah.

Let us sing love to the nations  
Bringing hope of the grace that has freed us  
Make Him known and make Him famous  
Sing it out, sing to the new Hallelujah.

Arise, Let the church arise  
Let love reach to the other side  
Alive, come alive  
Let the song arise. Etc.

*Songwriters: Paul Joseph Baloche / Michael W. Smith / Debbie Smith*

*Performers: Cross and Crown, All Saints Anglican Church, Vernon BC; used with permission*

### ANNOUNCEMENTS

Dean Ken

*Organ Postlude: Festal Finale (excerpt) by Henry Coleman (1888-1965)*