

Parish of Wilmot

January 28th, 2024

Fourth Sunday after the Epiphany



OUR VISION STATEMENT

The Parish of Wilmot is a strong, caring and inclusive community respectful of all.

E-mail: office@parishofwilmot.ca Office Phone: 902-825-2326

Website: www.parishofwilmot.ca Facebook: facebook.com/parishofwilmot

Priest in charge Rev. Sue Channen

<i>Participants</i>	<u>All Saints – 9:30 am</u>	<u>Holy Trinity – 11:00 am</u>
<i>Presider</i>	Sheila Hulford	Sheila Hulford
<i>Preacher</i>	Sheila Hulford	Sheila Hulford
<i>Greeter</i>	Murray Rolph	Grant McBurney
<i>Licensed Lay Minister</i>	Wade Seymour	Roz Robertson
<i>Chalice Bearer</i>		
<i>Readers</i>	Anita Frittenburg Sibella Hulford	Connie Bokhar Mary Osmond
<i>Talliers</i>	Sheila Hulford Sherry-Anne Deveau	Graham Bell, Ron Osmond
<i>Musicians</i>	Cheryl Van Der Pryt	Shannon Young
<i>Altar Guild Clean-up</i>	Sibella Hulford Sheila Hulford	<i>Members</i>



Hub Anthony, Rollie Arsenault; Lila Bartlett, Ron Burton; Darrell Cook, Kathy Cormier; Jean Dixon, Marie Durling; Grayson, James Greensides, Judy Hammond; Dianne LeGard; Jennifer M, Jennifer Michaud, Chris Moore, Alice Murphy; Wilma Nelson; Monique Parker, Alec Penny, Hayden Petten, Bev Poll, Stacey Porto; Louisa Robertson; Janet Trites;.

If you wish to add or remove a name from the list, please contact the parish office. Persons need not be hospitalized or ill to be in our prayers. Please make sure you have the person's permission before adding them.

Diocesan Cycle of Prayer **St. Paul's, Charlottetown, Prince Edward Island**
 Archdeacon John Clarke, Rector and Teresa The Rev'd Jay Macdonald, Associate Parish Priest, and Carol St. Peter's Cathedral, Charlottetown, Prince Edward Island Holy Trinity, Georgetown, Prince Edward Island The Rev'd David Garrett, Rector, The Rev'd Ralph Moore, Priest Assistant The Rev'd Gethin Edward St. Alban's, Souris, St. George's, Montague, St. Mary and St. John, Prince Edward Island, The Rev'd Colin Nicolle, Rector, and Shannon, St. Mary's, Summerside St. John's, St. Eleanor's

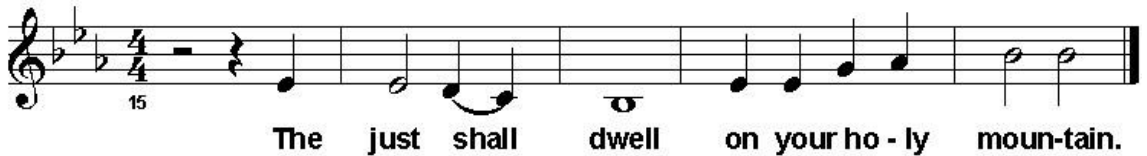
We pray for our prayer partner - St. Nicholas Church, Westwood Hills, Tantallon.

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PSALM 111

*Refrain



1 Hallelujah!

I will give thanks to the Lord with my whole heart,

***in the assembly of the upright, in the congregation.**

2 Great are the deeds of the Lord!

***they are studied by all who delight in them.**

3 His work is full of majesty and splendour,

***and his righteousness endures for ever.**

***Refrain**

4 He makes his marvellous works to be remembered;

***the Lord is gracious and full of compassion.**

5 He gives food to those who fear him;

***he is ever mindful of his covenant.**

6 He has shown his people the power of his works

***in giving them the lands of the nations.**

7 The works of his hands are faithfulness and justice;

***all his commandments are sure.**

8 They stand fast for ever and ever,

***because they are done in truth and equity.**

***Refrain**

9 He sent redemption to his people; he commanded his covenant for ever;

***holy and awesome is his name.**

10 The fear of the Lord is the beginning of wisdom;

***those who act accordingly have a good understanding; his praise endures for ever.**

A READING FROM THE BOOK OF Deuteronomy 18:15-20

Now about food sacrificed to idols: We know that "We all possess knowledge." But knowledge puffs up while love builds up. ² Those who think they know something do not yet know as they ought to know. ³ But whoever loves God is known by God.⁴ So then, about eating food sacrificed to idols: We know that "An idol is nothing at all in the world" and that "There is no God but one." ⁵ For even if there are so-called gods, whether in heaven or on earth (as indeed there are many "gods" and many "lords"), ⁶ yet for us there is but one God, the Father, from whom all things came and for whom we live; and there is but one Lord, Jesus Christ, through whom all things came and through whom we live.⁷ But not everyone possesses this knowledge. Some people are still so accustomed to idols that when they eat sacrificial food they think of it as having been sacrificed to a god, and since their conscience is weak, it is defiled. ⁸ But food does not bring us near to God; we are no worse if we do not eat, and no better if we do.⁹ Be careful, however, that the exercise of your rights does not become a stumbling block to the weak. ¹⁰ For if someone with a weak conscience sees you, with all your knowledge, eating in an idol's temple, won't that person be emboldened to eat what is sacrificed to idols? ¹¹ So this weak brother or sister, for whom Christ died, is destroyed by your knowledge. ¹² When you sin against them in this way and wound their weak conscience, you sin against Christ. ¹³ Therefore, if what I eat causes my brother or sister to fall into sin, I will never eat meat again, so that I will not cause them to fall.

Hear what the Spirit is saying to the church. **Thanks be to God**

A READING FROM 1 CORINTHIANS

8:1-13

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THE HOLY GOSPEL

MARK 1:21-28

The Lord be with you. **And also with you.**

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

Glory to you, Lord Jesus Christ.

²¹ They went to Capernaum, and when the Sabbath came, Jesus went into the synagogue and began to teach. ²² The people were amazed at his teaching, because he taught them as one who had authority, not as the teachers of the law. ²³ Just then a man in their synagogue who was possessed by an impure spirit cried out, ²⁴ "What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!"

²⁵ "Be quiet!" said Jesus sternly. "Come out of him!" ²⁶ The impure spirit shook the man violently and came out of him with a shriek. ²⁷ The people were all so amazed that they asked each other, "What is this? A new teaching—and with authority! He even gives orders to impure spirits and they obey him." ²⁸ News about him spread quickly over the whole region of Galilee.

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

COLLECT

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.

ANNOUNCEMENTS

The bulletin for the upcoming Sunday is posted to the church website Friday afternoon.

Office Hours: The office will be **NOT** be open this Friday February 2nd

Bulletin announcements can be sent to Parish Administrator, Nancy Armstrong at administrator@parishofwilmot.ca

Holy Trinity Yard Sale

There will be a yard sale hopefully the first weekend in May. You can start bringing items anytime and put them on the counter by the outside door at the back of the kitchen. NO clothing or shoes, sports equipment or electronics.



All Saints Little Church

Don't forget the All Saints Little Church:

it's always looking to collect your spare change.

Money collected will go into the General Fund

The Parish Breakfast, in compliance with the Health Authority of Nova Scotia, has been changed to 6 breakfasts in a year.: the amount allowed for a volunteer organization. Therefore, the breakfasts will remain on the second Saturday of the following months: February, March, April, September, October, and November. So, the next one will remain on Saturday, February 10th from 8:00-10:00am. Again, it will be a "Free Will Offering". The last one was a great success and one which we can build on. We had a great team from All Saints and Holy Trinity and anyone else who would want to jump in will be more than welcome. Please feel free to call or contact John MacEachern at 902-363-2180 or johnmaceachern2@gmail.com for further information.

ANNUAL GENERAL MEETINGS

Holy Trinity AGM February 11th . Sandwiches and sweets after the meeting.

All Saints AGM February 18th

Parish AGM February 25th. Joint service 10 am. Sandwiches and sweets. after the AGM.

12 Baskets Foodbank



January Needs

- Flakes of ham, chicken and turkey
- Tea
- Instant Coffee
- Canned pasta
- Canned Vegetables
- Hand soap
- Toothpaste

Kingston Lions Club Monthly Breakfasts

We have made it affordable to families as well with pricing for children under 12 yrs of age at \$6 and those under 5 years of age are free.

Next one is Saturday February 10th 8 am till 10 am