

# THE CHURCH OF THE ADVENT

*Anglican Parish of Colwood and Langford*

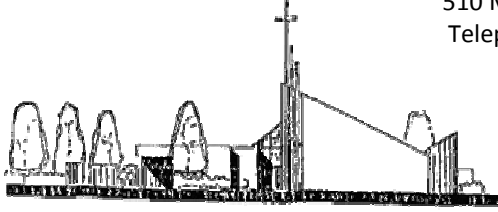
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*The Right Reverend James A. J. Cowan, Bishop*

*The Reverend Canon Kenneth J. Gray, Priest and Rector*

## Stay Out of God's Way

John Kirvan

A Journey of the Soul into the  
Cloud Of Unknowing

**Sunday Services** are at 8:30 a.m. (Traditional Rite) and at 10:00 a.m.  
(Contemporary with Children's Activity)

**Jazz Vespers** occurs on the third Sunday of each month at 7 p.m.

**Centering Prayer** occurs Saturday mornings at 9:30 a.m.

**Office Hours** are Monday through Friday from 9:30-11:30 a.m.

*The Church of the Advent through the Anglican Diocese of BC is committed to creating and maintaining a safe community in every respect including our ministry with vulnerable persons such as children, seniors and persons with special challenges*

**TOGETHER IN MINISTRY, OUTREACH AND PRESENCE**

*We at the Church of the Advent strive to be an open and affirming community of Christians welcoming anyone seeking companionship, spiritual nourishment, opportunity for worship and, as Christ directs us, to engage with and provide for the poor and vulnerable in local and global communities.*

**TOGETHER IN PRAYER**

*We offer these intercessions to God at our Sunday worship services and in our home devotions daily during the week for the church in the world; in our diocese; and in our local community.*

**Today we pray**

FOR the Anglican Church of Burundi The Most Revd Bernard Ntahoturi Archbishop of the Province of Burundi & Bishop of Matana  
FOR Fred, our Primate, James, our Bishop, S. Paul, Nanaimo - Brian Evans & Anne Privett.

FOR our companion Diocese of Myitkyina  
IN THE SELKIRK REGION for St. Peter and St. Paul, Esquimalt, Lon Towstego, Priest in Charge

**For those who have asked us to pray for them**

Holly; Nicole; Duncan & Celina; Gayla; George; Kevin; Bryce & his family; Tytti Smith

**8:30 a.m. Holy Communion**  
*Book of Common Prayer, p. 67*

*Rev. Ken Gray presides and preaches today*

1 Cor 8:1-13 **Garry Olmstead**

Mark 1:21-28 **Betty Ruff**

Administrator **Helen Horner**

**10:00 a.m. Holy Eucharist**  
*Book of Alternative Services, p. 185*

*Rev. Ken Gray presides and preaches today – Liturgical assistant is Nancy Baal*

*Unless you are on call for emergency purposes or require special equipment for hearing or seeing, please turn off all electronic communication devices until the conclusion of the service.*

*Hard-of-hearing equipment is available – enquire at the door*

**THE COMMUNITY GATHERS**

Greeting and Prayer

P. 185

Hymn **393 Immortal Invisible God Only Wise**

followed by

♪ **EAT THIS BREAD AND NEVER HUNGER  
DRINK THIS CUP AND NEVER THIRST;  
CHRIST INVITES US TO THE TABLE  
WHERE THE LAST BECAME THE FIRST.**

**Asking for a cup of water,  
Jesus touched forbidden ground;  
and the woman with a question,  
told the world what she had found.**

**Walking down a desert highway;  
Jesus healed a man born blind;  
soon the man became a witness  
so the truth we seek and find.**

**Weeping for his friend at graveside,  
Jesus felt the pain of death;  
Yet he knew God's power to waken;  
Living water, living breath.**

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♪ **YOU ARE MY SON,  
THE BELOVED; WITH YOU I AM WELL PLEASED  
YOU ARE OUR GOD,  
FROM THE WATER, YOU BLESS ALL LIFE**

**From the mountains and the valleys  
Through the tempest and the storm  
and darkest hour;  
Your never failing presence  
Offers strength and peace and then**

**your saving power**

**In the joys and celebrations  
Throughout all our times of ease  
each moment blest;  
As we travel life's long journey  
As we seek to love our neighbour  
in You we trust**

© Kenneth J. Gray, January 2012; based on Mark 1:4-11

Our daily prayer

THE PROCLAMATION OF GOD'S WORD

Reading	Deuteronomy 18:15-20	<b>Barb Gossman</b>
Canticle	<b>12 The Bread of Heaven</b> - Read responsively	
Reading	1 Cor. 8:1-13	<b>Sue Hamblin</b>
Hymn	<b>382 Praise To The Lord</b>	
Gospel	Mark 1:21-28	<b>Kathy Middleton</b>
Sermon		<b>Canon Gray</b>
Apostles Creed		P. 189
Prayers of the people		<b>Kathie Gray</b>
Confession, Absolution		P. 191
The Peace		<b>Congregation</b>

THE CELEBRATION OF THE EUCHARIST

Offertory Hymn **500 Sister Let Me Be Your Servant**  
*Sidespersons: Bob & Liz Garland*

Prayer of Thanksgiving	5	P. 201
The Lord's Prayer is sung		P. 211
The Breaking of the Bread and the Communion (2)		P. 212

*Distributors: Val Hala; Joan Hoffman; Dianne Langdon*  
*Music during communion includes: **Here, O My Lord** (R. Schulz-Widmar)  
sung by the parish choir*

Prayer after Communion		P. 214
Announcements		<b>The Gang</b>
Closing Hymn	<b>486 Love Divine All Loves Excelling</b>	

*Today we specially gather in the hall to say farewell and God bless to the  
Armstrong family who have been such a significant part of our community*

for many years. Gowan takes up new work this week in Fort St. John, BC and the family will follow in due course.

<b>THIS WEEK at the Church of the Advent:</b>		
<i>Canon Ken is on retreat this week and will return to the office Friday morning</i>		
<b>Monday</b>	10 a.m.	WHATSEWEVER sewing ministry
<b>Wednesday</b>	10:30 a.m.	HOLY COMMUNION in the chapel
<b>Thursday</b>	7:30 p.m.	PARISH CHOIR rehearses
<b>Saturday</b>	9:30 a.m.	CENTERING PRAYER in the chapel
<b>Sunday</b>	8:30 a.m.	HOLY COMMUNION in the chapel
	10 a.m.	HOLY EUCHARIST in the large sanctuary

**MARK YOUR CALENDARS**

- Feb 7 Ministry at PRIORY CARE HOME
- Feb 12 CAROL DENTON FAREWELL (see below)
- Feb 15 COMPASSION PROGRAMME commences (see below)
- Feb 19 ANNUAL MEETING OF PARISHIONERS (single service at 9)  
JAZZ VESPERS in the evening
- Feb 21 SHROVE TUESDAY – Pancake Lunch & Pancake Dinner
- Feb 22 ASH WEDNESDAY (Lent commences)
- Mar 2 POLICE CHORUS CONCERT (Third annual)
- Mar 24 LADIES BREAKFAST
- July 6-13 Annual PARISH CAMPOUT

**SHROVE TUESDAY – February 21<sup>st</sup>**

It's an Anglican tradition, and popular as well. Pancake lunch prices: Adults \$5; Students \$2.50; & Pre-school – no charge.

**LUNCH: 11:30 to 1 p.m.** (hosted by COTA Ladies Guild)

- HOME BAKING: donations of baked goods for the bake table would be much appreciated!
- HELPERS: here's your chance to lend a hand and help a great bunch of people! Help is needed at both meals.

**SUPPER: 5 to 6:30 p.m.** (hosted by the Men's Breakfast kitchen team)

- Prices are the same as lunch with a FAMILY rate of \$12. Please support this great supper. SIGN the sign-up sheet. Bring a friend.

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**YOUTH AND FAMILY MINISTRY AT COTA**





The Rector, wardens and council received with regret the resignation of Carol Denton as coordinator of Youth and Family ministry at its recent meeting. We will take time on Sunday, February the 12<sup>th</sup> to acknowledge her efforts over many years and to wish her Godspeed in her new endeavours. We will dialogue with the new Diocesan Camp Ministry Coordinator about the possibility of a successor to this vital ministry.

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**TWELVE STEPS TO A COMPASSIONATE LIFE**

The following have requested copies of Karen Armstrong's 12 Steps To A compassionate Life. Copies are now available for \$20. **Session One will be on Wednesday evening, February the 15<sup>th</sup>**. This will give you enough time to read the first half of the book (if not all of it).

**Tips for reading** include:

-  start earlier **rather** than **later**
-  **don't get bogged down** - if a particular paragraph is puzzling, move to the next paragraph - good writers use repetition and KA is a good writer
-  visit the **Karen Armstrong page on the COTA website** and watch the video linked to it (We will watch this together on our first evening together)
-  **invite a friend** to join our discussion - more copies of the book can be obtained

Stan Parker	Neil Mikkonen	Jose Pereña Pratt
Skip Triplett	Val Casperson	Bill Bull
Barbara MacDowell	Irene Ferguson	Agnes Richardson
Michael Piddington	Duncan Forbes	Carolyn Hamar
Bill Geiner	Claudia Adams	Bob and Donna
Doris Barnsley	Bonnie Anderson	Brandle
Garry Olmstead	Janice Goldade	Marian Purschke
Helen Horner	Joan Hoffman	Irene Ferguson
Francis Beresford	Rod Mitchell	



# JAZZ VESPERS

Anglican Church of the  
Advent in Colwood

*Where Music  
and Spirit Meet*

on the 3<sup>rd</sup> Sunday of each  
month @ 7 p.m.

February 19

## *Brent Jarvis Trio*

*Brent Jarvis, piano, Ken Lister, bass, Bob Brown, drums*

March 18

## *Patrick Godfrey, Solo Piano*

*Juno Award winning composer and pianist*

April 15

## *Kelby MacNair Quintet*

*Always popular, always brilliant*

June 3

## *Chris Donnelly Trio*

*One of Canada's rising stars, this time with a trio*

*David Enns – Jazz Coordinator | Ken Gray – Spiritual Director*

*[www.colwoodanglican.ca/jazzVespers](http://www.colwoodanglican.ca/jazzVespers)*

*250 474 3031*

## DIRECTORY

<i>Church Office</i>	Mon – Fri, 9:30 a.m. till Noon	250-474-3031
<i>Rector</i>	The Rev. Kenneth J. Gray	250-474-3031
<i>Parish Administrators</i>	Elizabeth Garland	250-478-5494
	Kathy Middleton	250-474-6914
<i>Director of Music</i>	Mary Rogers	250-472-6671
<i>Wardens</i>	Jose Pereña Pratt	250-744-3025
	Skip Triplett	250-590-1420
	Gowan Armstrong	250-474-3031
<i>Treasurer</i>	Gowan Armstrong	250-474-3031
<i>Altar Guild/Lay Ministry</i>	Kathy Middleton	250-474-6914
<i>Facility Use</i>	Pat Leonard	250-382-7287
<i>Financial Gifts Secretary</i>	Pat Leonard	250-382-7287
<i>Ladies Guild</i>	Marjorie Nixon	250-474-1169
<i>Liturgical Assistants</i>	Gary Brewer	250-893-4752
	Nancy Baal	250-595-7064
	Mike Armstrong	250-474-6914
	Sheila Dearsley	250-474-2459
<i>Maintenance Coordinator</i>	Barney Pratt	250-744-3025
<i>Prayer Line</i>	The Office (office hours)	250-474-3031
	Mary Percival (other times)	250-478-1940
<i>Sidespersons, 10 a.m.</i>	Patricia McKenzie	250-474-5970

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**WE WANT TO KNOW YOU ...** but we need to be able to contact you, so ...

If you are a newcomer, or if we can help in any way, please let us know. Please fill in the relevant information and give it to a Sidesperson or place it on the collection plate. **Completion of the following information indicates your consent for this parish to gather this information and to use it for reasonable purposes of the church under The Privacy of Information Act.**

NEWCOMER	CHANGE OF ADDRESS	COURSE INFORMATION
HELP	SETUP CONTRIBUTIONS	YOUTH CONNECTION

Name	
Address	Postal Code
Email	Phone