



Fifth Sunday After Epiphany

February 8, 2026 | 10:30am

Gathering in the FBCH Sanctuary

Prayer candles are available in the north transept if you would like to light one as part of your prayer this morning.
For more information about the life of FBCH, visit our website: fbchalifax.ca or like us on social media.

*Stand as you are able

Wifi Password for FBCH Guest: [youareloved](#)

Prelude

Lynette Wahlstrom, Organ

Hymn to Freedom -Oscar Peterson

Welcome

Paula Zanello Antunes

If joining on Facebook Live or YouTube we invite you to say hello to everyone by posting a comment to the live stream.

Ringling of the Trinity

We Gather in the presence of God - Creator, Christ, and Spirit

Call to Worship & Prayer of Approach:

Evelyn Cain

From Black Liturgies: Prayers, Poems, and Meditations for Staying Human

By Cole Arthur Riley

God of every beautiful thing, make us people of wonder. Show us how to hold on to nuance and vision when our souls become addicted to pain, to the unlovely. It is far easier to see the gloom and decay; so often it sings a louder song.

Attune our hearts to the good still stirring in our midst, not that we would give ourselves to toxic positivity or neglect the pain of the world, but that we would be people capable of existing in the tension.

Grant us habits of sacred pause. Let us marvel not just at the grand or majestic, but beauty's name etched into every ordinary moment.

Let the mundane swell with a mystery that makes us breathe deeper still. And by this, may we be sustained and kept from despair. Amen.

***Processional Hymn (next page)**

66 Every Time I Feel the Spirit

Refrain

Ev - ery time I feel the Spir - it mov - ing in my

heart I will pray. Yes, ev - ery time I feel the

Fine
Spir - it mov - ing in my heart I will pray.

1 Up - on the moun - tain, when my Lord spoke, out of God's

2 Jor - dan Riv - er, chil - ly and cold, it chills the

mouth came fire and smoke. Looked all a - round me, it looked so

bod - y but not the soul. There is but one train up - on this

to Refrain

fine, till I asked my Lord if all was mine.
track. It runs to heav - en and then right back.

Like many African American spirituals, this one mixes the language of biblical narrative with veiled but effective allusions to the hope of escape from slavery, either by crossing rivers into free states or by participating in organized efforts like the Underground Railroad.

TEXT: African American spiritual

MUSIC: African American spiritual; arr. Joseph T. Jones, 20th cent.; adapt. Melva Wilson Costen, 1989

Music Adapt. © 1990 Melva Wilson Costen

PENTECOST

Irregular

Lighting of the Christ Candle

Responsive Psalm 40:1-5

The Inclusive Bible

Hal H. Hopson



© 1988 Hope Publishing Company

Unyielding, I called to you, O LORD, now at last you have stooped to me and answered my cry for help. You have pulled me out of the Pit of Destruction, out of its mud and quicksand; you set my feet on a rock and made my steps firm.

You put a new song in my mouth, a song of praise to you. Many will look on in wonder and so will put their trust in you. *R*

Happiness comes to those who put their trust in the LORD, instead of in human egos or people blind to the truth!

How many wonders you've worked for us, O LORD, my God! How many plans you've made for us; you have no equal! I want to recount them again and again, but their number is too great. *R*

Children's Hymn

God Welcomes All 399

God wel - comes all, strang - ers and friends;

God's love is strong and it nev - er ends.

This "short song," as the Iona Community calls it, can be especially effective as a means of setting a welcoming tone for a service (especially an ecumenical one). Like most such songs, it needs to be sung several times, adding and improvising harmony with each repetition.

TEXT: John L. Bell, 2008
MUSIC: South African song; transcr. John L. Bell, 2008
Text and Music Transcr. © 2008 WGRG, Iona Community (admin. GIA Publications, Inc.)

THEMBA AMEN
4.4.9

***Blessing of the Children**

Beloved children of our church family: may God's Spirit be with you as you enter into the stories of our faith; may your imaginations be opened to encounter God's love for you and all the world; and may you be formed to care for others as you discover the Way of Jesus. Amen.

Children going into Primary-Grade 6 are invited to go to Godly Play.

Today's formation activities:

***Doxology - OLD HUNDREDTH**

**Praise God, from whom all blessings flow,
Praise Christ, all people here below, Praise Holy Spirit evermore;
Praise Triune God, whom we adore. Amen.**

Donations

All contributions to FBCH support our mission and ministry and are greatly appreciated. Offering boxes are located at the side doors at the back of the Sanctuary. You can also go to our website fbchalifax.ca and click on the Ways to Give link for information about how to financially support the ministries of FBCH, including e-transfers or setting up recurring donations.

Gospel Reading: John 5:1-19

New Revised Standard Version

^{5:1}After this there was a festival of the Jews, and Jesus went up to Jerusalem.

²Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Beth-zatha, which has five porticoes. ³In these lay many ill, blind, lame, and paralyzed people. ⁴⁻⁵One man was there who had been ill for thirty-eight years.

⁶When Jesus saw him lying there and knew that he had been there a long time, he said to him, "Do you want to be made well?" ⁷The ill man answered him, "Sir, I have no one to put me into the pool when the water is stirred up, and while I am making my way someone else steps down ahead of me." ⁸Jesus said to him, "Stand up, take your mat and walk." ⁹At once the man was made well, and he took up his mat and began to walk.

Now that day was a Sabbath. ¹⁰So the religious leaders said to the man who had been cured, "It is the Sabbath; it is not lawful for you to carry your mat." ¹¹But he answered them, "The man who made me well said to me, 'Take up your mat and walk.'" ¹²They asked him, "Who is the man who said to you, 'Take it up and walk'?" ¹³Now the man who had been healed did not know who it was, for Jesus had disappeared in the crowd that was there. ¹⁴Later Jesus found him in the temple and said to him, "See, you have been made well! Do not sin any more, so that nothing worse happens to you." ¹⁵The man went away and told the religious leaders that it was Jesus who had made him well. ¹⁶Therefore the religious leaders started persecuting Jesus, because he was doing such things on the

Sabbath. ¹⁷But Jesus answered them, “My Creator is still working, and I also am working.” ¹⁸For this reason the religious leaders were seeking all the more to kill him, because he was not only breaking the Sabbath but was also calling God his own Creator, thereby making himself equal to God.

¹⁹Jesus said to them, “Very truly, I tell you, the Son can do nothing on his own but only what he sees the Creator doing, for whatever the Creator does, the Son does likewise.

Reader For the Word of God in Scripture,
for the Word of God among us,
for the Word of God within us.

All **Thanks be to God.**

Spoken Reflection

Rusty Edwards

Life Work

Anthem

Soloist, Madison Salcedo, Sr. Choir

There is a Balm in Gilead -R. Lau

Prayers of the People

Rusty Edwards

Lord's Prayer

Our Creator, who art in heaven, hallowed be Thy name.

Thy Kingdom come, Thy will be done on earth, as it is in heaven.

**Give us this day our daily bread, and forgive us our trespasses,
as we forgive those who trespass against us.**

And lead us not into temptation, but deliver us from evil.

For Thine is the Kingdom, the power, and the glory, for ever and ever.

Amen.

***Recessional Hymn (next page)**

Go, My Children, with My Blessing 547

1 "Go, my chil-dren, with my bless-ing, nev-er a-lone.
 2 "Go, my chil-dren, sins for-giv-en, at peace and pure.
 3 "Go, my chil-dren, fed and nour-ished, clos-er to me.

Wak-ing, sleep-ing, I am with you, you are my own.
 Here you learned how much I love you, what I can cure.
 Grow in love and love by serv-ing, joy-ful and free.

In my love's bap-tis-mal riv-er I have made you mine for-
 Here you heard my dear Son's sto-ry; here you touched him, saw his
 Here my Spir-it's pow-er filled you; here my ten-der com-fort

ev-er. Go, my chil-dren, with my bless-ing, you are my own."
 glo-ry. Go, my chil-dren, sins for-giv-en, at peace and pure."
 stilled you. Go, my chil-dren, fed and nour-ished, joy-ful and free."

Because this Welsh melody usually sets evening texts, the author was asked to create one for use in daytime. His recasting of the Aaronic blessing in Numbers 6:22–27 imagines that passage as a benediction that might be spoken by God at the conclusion of a worship service.

Benediction

Rusty Edwards

Amen

Postlude

Lynette Wahlstrom, Organ

Give Me Jesus - arr. Marques L.A. Garrett

THE WEEK AHEAD AT FBCH

Sunday, February 8

10:30am - Sunday Worship; Sanctuary

Tuesday, February 10

7:00pm - Leadership Team; Community Room

Thursday, February 12

7-9pm - Choir Practice; Sanctuary

Sunday, February 15

10:30am - Sunday Worship; Sanctuary

11:45am - University Lunch and Burning of the Palms; Parlour

For details go to fbchalifax.ca or read News Notes

CONNECT WITH FBCH STAFF

Paula Zanello Antunes | Community Engagement Lead
paulaantunes@fbchalifax.ca

David Bourque | Lay Minister
davidbourque30@gmail.com

John Dalton | Lay Minister
johndalton.hfx@gmail.com

Rusty Edwards | Senior Minister
rustyedwards@fbchalifax.ca

Jean Ferguson | Congregational Coordinator
office@fbchalifax.ca

Arla Johnson | Minister of Inclusive Community
arlajohnson@fbchalifax.ca

Lynette Wahlstrom | Director of Music
lynettewahlstrom@fbchalifax.ca

Special thanks to
today's worship leaders:

Evelyn Cain

FIND OUT MORE

fbchalifax.ca 

CONNECT ONLINE

First Baptist Church Halifax 

fbchalifax 

First Baptist Church Halifax 



FIRST
BAPTIST
CHURCH
HALIFAX

*Music reprinted and streamed by permission; One License #A-734863; CCLI Licence #3493424

Breaking Stereotypes Since 1827

The story of the early church in the New Testament is a story of the ever-expanding circle of those included in the community of Jesus. We believe that circle expands to include all people.

Because we are followers of Jesus, First Baptist Church Halifax welcomes all people into the full life of the church community. This means we will not discriminate on the grounds of gender, age, race, national or ethnic origin, colour, disability, marital status, sexual orientation, or economic circumstances.

We really do want you to join us. Our diversity helps us all expand our understandings of God.

PRINTED
ON:



Carbon neutral and made from recycled sugar cane fibre.