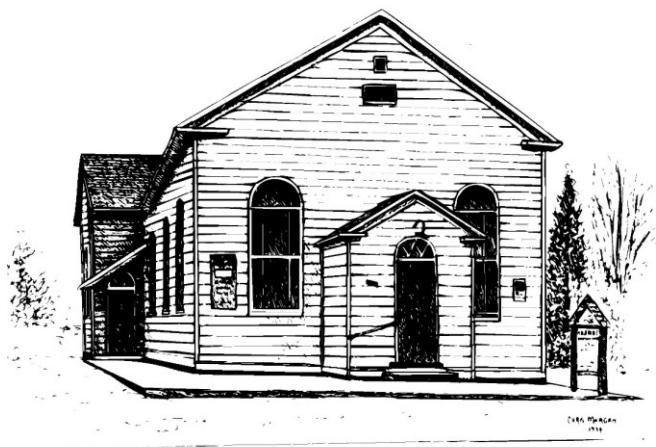


**Carlisle/Kilbride United  
Pastoral Charge  
January 25, 2026, 10am at  
Kilbride  
Epiphany 3**



**Worship Leader:** Glenda DeVries  
**Music Leader:** Dr. Heather Olaveson  
**Office Administrator:** Andrea Osterroth McRae  
**Office:** 905-689-8630

*Those who wish to do so are invited  
to respond aloud where indicated by  
**bold print.***

I have told you these things so that in me you may have peace.  
In this world you will have trouble, but take heart, I have overcome the world.  
John 16:33

**take heart** (Greek: *tharseo*) be courageous, be of good cheer,  
be brave and be hopeful by trusting in Jesus and what He has done.

\* \* \* \*

**Welcome | Introduction**

**Gathering Song:** MV 77 "Be Still and Know" (repeat several times)

**Conducted by the composer himself, The Cathedral Singers perform John Bell's hymn  
on the 1995 album *God Never Sleeps: Songs from the Iona Community.***

**Be Still and Know**

Be still and know that I am God.  
Be still and know that I am God.

**Old Testament Scripture: Psalm 46 (NIV)**

- <sup>1</sup> God is our refuge and strength,  
an ever-present help in trouble.  
<sup>2</sup> Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
<sup>3</sup> though its waters roar and foam  
and the mountains quake with their surging.  
<sup>4</sup> There is a river whose streams make glad the city of God,  
the holy place where the Most High dwells.  
<sup>5</sup> God is within her, she will not fall;  
God will help her at break of day.

<sup>6</sup> Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.  
<sup>7</sup> The LORD Almighty is with us;  
the God of Jacob is our fortress.  
<sup>8</sup> Come and see what the LORD has done,  
the desolations he has brought on the earth.  
<sup>9</sup> He makes wars cease  
to the ends of the earth.  
He breaks the bow and shatters the spear;  
he burns the shields with fire.  
<sup>10</sup> He says, "Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth."  
<sup>11</sup> The LORD Almighty is with us;  
the God of Jacob is our fortress.

### **Opening Prayer:**

**God and Father of our Lord Jesus Christ, we praise you. You have blessed us in the heavenly realms with every spiritual blessing in Christ. We thank you for this time to gather together and draw near to you. We open our hearts and set aside every care and distraction. We focus our attention on you. Give us the grace we need to be still and know that you are God. You are our refuge and strength. You are an ever-present help in trouble. Thank you for the gift of your presence with us today. Thank you for your Word and Holy Spirit. Help us to hear your voice so we can know you more deeply and learn your ways. In Jesus' name. Amen.**

### **Hymn:** VU 660 "How Firm A Foundation"

*In a 1787 hymnal these lyrics are simply attributed to "K–," whose identity has never been proven. While *Voices United* pairs this text with the Welsh tune ST DENIO, hymnary.org suggests that it is much more frequently sung to ADESTE FIDELES or to the anonymous FOUNDATION, the latter of which is used in the recording by the Americana family band The Petersens.*

### **How Firm A Foundation - The Petersens (LIVE)**

- 1     How firm a foundation, you servants of God,  
      is laid for your faith in God's excellent word!  
      What more can be said than to you has been said,  
      to you who for refuge to Jesus have fled?
- 2     "Fear not, I am with you; O be not dismayed!  
      For I am your God and will still give you aid;  
      I'll strengthen and help you, and cause you to stand,  
      upheld by my righteous omnipotent hand.

- 3 "When through the deep waters I call you to go,  
the rivers of sorrow shall not overflow;  
for I will be with you, your troubles to bless,  
and sanctify to you your deepest distress.
- 4 "When through fiery trials your pathway shall lie,  
my grace, all-sufficient, shall be your supply:  
the flame shall not hurt you; I only design  
your dross to consume, and your gold to refine.
- 5 "The soul that on Jesus has leaned for repose  
I will not – I will not desert to his foes;  
that soul, though all hell should endeavour to shake,  
I'll never – no, never – no, never forsake!"

**Old Testament Scripture: 2 Chronicles 20: 2-4, 12-15 (NIV)**

<sup>2</sup> Some people came and told Jehoshaphat, "A vast army is coming against you from Edom, from the other side of the Dead Sea. It is already in Hazezon Tamar" (that is, En Gedi). <sup>3</sup> Alarmed, Jehoshaphat resolved to inquire of the LORD, and he proclaimed a fast for all Judah. <sup>4</sup> The people of Judah came together to seek help from the LORD; indeed, they came from every town in Judah to seek him.

<sup>12</sup> [Jehoshaphat said,] "Our God, will you not judge them? For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you."

<sup>13</sup> All the men of Judah, with their wives and children and little ones, stood there before the LORD.

<sup>14</sup> Then the Spirit of the LORD came on Jahaziel son of Zechariah, the son of Benaiah, the son of Jeiel, the son of Mattaniah, a Levite and descendant of Asaph, as he stood in the assembly.

<sup>15</sup> He said: "Listen, King Jehoshaphat and all who live in Judah and Jerusalem! This is what the LORD says to you: 'Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's.'"

**Introduction to Morning Theme**

**Hymn:** VU 619 "Healer of Our Every Ill" (vv. 1-3)

Marty Haugen's 1987 hymn is performed by Christina Chichos and Director of Music Bryn Nixon at Pacific Spirit United Church. Haugen (b. 1950) is a Minnesotan liturgical composer and workshop presenter who was raised in the Lutheran Church and has worked as a pastoral musician in Roman Catholic parishes.

[Healer of Our Every Ill - Voices United 619](#)

Healer of our every ill,  
light of each tomorrow,

give us peace beyond our fear,  
and hope beyond our sorrow.

1 You who know our fears and sadness,  
grace us with your peace and gladness.  
Spirit of all comfort, fill our hearts. R

2 In the pain and joy beholding,  
how your grace is still unfolding.  
Give us all your vision, God of love. R

3 Give us strength to love each other,  
every sister, every brother.  
Spirit of all kindness, be our guide. R

### **New Testament Scripture:**

#### **Matthew 11: 28-30 (NIV)**

<sup>28</sup> "Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light."

#### **Philippians 4:6-7**

<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

#### **John 14:27**

<sup>27</sup> "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

#### **John 16:33**

<sup>33</sup> "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

### **Reflection:** Do Not Let Your Hearts Be Troubled

#### **Sung Response:** MV 90 "Don't Be Afraid" (repeat several times)

A pianist, flautist, violinist, and vocalist at Central Reformed Church in Grand Rapids, Michigan, perform John Bell's 1995 hymn of assurance. Scottish hymn composer and minister John Bell (b. 1949) is a member of the Iona Community and served as the convener and music editor for the fourth edition of the Church of Scotland's *Church Hymnary* (2005).

"Don't Be Afraid" by John L. Bell

Don't be afraid. My love is stronger,

my love is stronger than your fear.  
Don't be afraid. My love is stronger  
and I have promised, promised to be always near.

### **Closing Prayer**

### **Benediction:**

May the grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

### **Online Postlude:**

Under the direction of the arranger/composer himself, the Staatskapelle Weimar (Weimar State Orchestra) performs "Eine feste Burg ist unser Gott" ("A Mighty Fortress Is Our God") from Christian Sprenger's *Lutheran Symphonix: Orchestral Fantasies on Protestant Chorales*, the album of which was released in 2016. As the album's description states, "For centuries, Martin Luther's chorales have been not just a pillar of liturgical song, but a source of strength and inspiration for many people." Luther's 1529 hymn assures us of the strength of God's power and faithfulness.

[Lutheran Symphonix - Eine feste Burg ist unser Gott I Konzertmitschnitt](#)