



Mountainside United Church

3520 Rue University Montreal, Qc, H3A 2A7

Sunday Worship, 10:30 am

Tel: (514) 486-1165 www.mountainsideunited.ca

Epiphany IV Year A
February 1, 2026

Deep Spirituality, Bold Discipleship, Daring Justice

Territorial Acknowledgement:

McGill University is on land which has long served as a site of meeting and exchange amongst Indigenous peoples, including the Anishinabeg and Kanien'kehá:ka. We acknowledge and thank the diverse Indigenous peoples whose presence marks this territory on which peoples of the world now gather.

Prelude:

Adoration - Florence B. Price
Piano: Alberto Santos

Holy Greeting

The grace of our Sovereign Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you!

And also with you!

Hymn: VU# 87 *I Am the Light of the World*

Refrain:

"I am the light of the world!

You people come and follow me!"

If you follow and love you'll learn the mystery
of what you were meant to do and be.

1. When the song of the angels is stilled,
when the star in the sky is gone,
when the kings and the shepherds have found their way home,
the work of Christmas is begun: **R**

2. To find the lost and lonely one,
to heal the broken soul with love,
to feed the hungry children with warmth and good food,
to feel the earth below, the sky above! **R**

3. To free the prisoner from all chains,
to make the powerful care,
to rebuild the nations with strength of good will,
to see God's children everywhere! **R**

4. To bring hope to every task you do,
to dance at a baby's new birth,
to make music in an old person's heart,
and sing to the colours of the earth! **R**

Call to Worship:

So now we enter the shortest but up here the longest month of the year.

And yet, O God, when the sun shines, if it shines, its warmth is getting stronger.

So now we have left 'the holidays' behind, and in this province there is no long weekend, no family day, no break from the routine.

And yet, O God, when the sun shines, if it shines, its warmth is getting stronger.

So let us turn from the struggles and safely sheltered let us bask in the warmth of the light, the light of God.

Silent Prayers

God in your love,
Hear our prayer.
Amen

Hymn: **VU#609** *In All Our Grief and Fear*

Refrain:

Lord have mercy.
Christ, have mercy.
Lord, grant us peace.

1. In all our grief and fear we turn to you. O God, you
know all that we think or do, you know the pain
we put each other through. **R**

2. Help us to put aside the angry word, the clenching fist,
the wish and will to hurt. Teach us the way in which
love best is served. **R**

3. You did not even spare your only son. He lived our
griefs and bore all evil done, but through his cross,
redemption was begun. **R**

4. God, when we suffer all that we can bear, then let us
know that you in truth are near and will not leave us
lost in all our fear. **R**

@Hebrew Scripture : **Micah 6: 1 - 8**

Hear what the Lord says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the Lord, and you enduring foundations of the earth; for the Lord has a controversy with his people, and he will contend with Israel. "O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the Lord."

“With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?” He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

This is the witness of my people Israel!
Thanks be to God!

Psalm: 15 VU# 736 with refrain (R)

Reader: Georgia Copland

Refrain:

Within your holy place, God,
who shall a dweller be?

God, who may be a guest in your house,
or who may dwell on your holy mountain? R

One who leads a blameless life,
who does what is right,
who speaks truthfully from the heart;
one whose tongue is free from malice,
who never wrongs a friend,
who utters no reproach against a neighbour;
one who cannot respect the unworthy,
but honours those who fear God;
who stands by a promise given,
though it be to personal disadvantage;
one who will not take interest on a loan,
nor accept a bribe to testify against innocent.
Whoever does this shall never be overthrown. R

Gospel: Matthew 5: 1 - 12

Reader: Georgia Copland

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven. “Blessed are those who mourn, for they will be comforted. “Blessed are the meek, for they will inherit the earth. “Blessed are those who hunger and thirst for righteousness, for they will be filled. “Blessed are the merciful, for they will receive mercy. “Blessed are the pure in heart, for they will see God. “Blessed are the peacemakers, for they will be called children of God. “Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven. “Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

Hear what the Spirit is saying to the Church!
Write these words on our hearts, dear God!

Hymn: VU # 600 *When I Needed a Neighbour*

1. When I needed a neighbour, were you there,
were you there?
When I needed a neighbour, were you there?
And the creed and the colour and the name won't matter,
were you there?

2. I was hungry and thirsty, were you there,
were you there?

I was hungry and thirsty, were you there?
And the creed and the colour and the name won't matter,
were you there?

3. I was cold, I was naked, were you there,
were you there?
I was cold, I was naked, were you there?
And the creed and the colour and the name won't matter,
were you there?

4. When I needed a healer, were you there,
were you there?
When I needed a healer, were you there?
And the creed and the colour and the name won't matter,
were you there?

5. Wherever you travel I'll be there,
I'll be there,
wherever you travel I'll be there.
And the creed and the colour and the name won't matter,
I'll be there.

Sermon Less Smoke More Mirrors Rev. Dr. Douglas Throop

Offertory Reflections: Acknowledging How Givings Grow into Lives Changed

Music for Spiritual Centering:

Deep River - arr. Nathaniel Dett
Voices: Mountainside United Church Choir
Piano: Alberto Santos

Silent Prayer:

The Prayer of Jesus

**Our Father, 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,
and the power, and the glory,
for ever and ever. Amen.**

Hymn VU#575 *I'm Gonna Live So God Can Use Me*

1. I'm gonna live so God can use me
anywhere, Lord, anytime!
I'm gonna live so God can use me
anywhere, Lord, anytime!

2. I'm gonna work so God can use me
anywhere, Lord, anytime!
I'm gonna work so God can use me
anywhere, Lord, anytime!

3. I'm gonna pray so God can use me
anywhere, Lord, anytime!
I'm gonna pray so God can use me
anywhere, Lord, anytime!

4. I'm gonna sing so God can use me
anywhere, Lord, anytime!
I'm gonna sing so God can use me
anywhere, Lord, anytime!

Benediction:

Postlude:

Silk Hat and Walking Cane - Florence B. Price
Piano: Alberto Santos

Reference and Information
for the week of February 1st, 2026

- ❖ TODAY on the first day in February we say WELCOME to our Worship Service and invite you for coffee and conversation on Level 1 after the service.
- ❖ February 8. In person Worship Service at BHC.

Please consider giving to the church. Your gift will help serve our local community and far beyond. For that, we are grateful. You may leave your offering in the plate at the back of the sanctuary. If you are at home, you can send a cheque, e-Transfer funds, or arrange for Pre-Authorized Remittance (PAR). See details on giving at www.mountainsideunited.ca.

The service is livestreamed on Zoom on Sunday Mornings.

In the event of poor reception, the Service may be viewed later on our YouTube Channel:

Please visit our website for regular updates and more information!www.mountainsideunited.ca