



Mountainside United Church

3520 Rue University Montreal, Qc, H3A 2A7

Sunday Worship, 10:30 am

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

Epiphany V Year A
February 8, 2026

Deep Spirituality, Bold Discipleship, Daring Justice

@ indicated text that the Minister is reading and is the text for today's sermon

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:

Night - Florence B. Price
Voice: John Johnston
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: MV# 88 *Over My Head*

Refrain: Over my head, I hear music in the air.

Over my head, I hear music in the air.

Over my head, I hear music in the air.

There must be a God somewhere.

1. When the storms of life are ragin'

I hear music in the air.

When the storms of life are ragin'

I hear music in the air.

When the storms of life are ragin'

I hear music in the air.

There must be a God somewhere. **[R]**

2. When the winds of strife are blowin'

I hear music in the air.

When the winds of strife are blowin'
I hear music in the air.
When the winds of strife are blowin'
I hear music in the air.
There must be a God somewhere. [R]

3. When the tide of hate is risin'
I hear music in the air.
When the tide of hate is risin'
I hear music in the air.
When the tide of hate is risin'
I hear music in the air.
There must be a God somewhere. [R]

4. King Jesus is a-callin'
I hear music in the air.
King Jesus is a-callin'
I hear music in the air.
King Jesus is a-callin'
I hear music in the air.
There must be a God somewhere.[R]

Call to Worship:

Blessed are you, Holy One, Creator and Director of the universe, you alone are worthy of our praise, you alone are the one to whom we bend our knees in worship.

You alone, are the hope of the world and its light.

Empires rise and fall, the voices of leaders eventually fade into the ether, but your Word has been heard in every land, in every tongue, throughout the ages.

In times of prosperity, O God, the affluent and powerful replace you and your Torah with the golden calves of our time and place.

So, keep us from hiding in the struggles and false sanctuaries of this world, and let us bask in the warmth of your light alone for you are the light for this world.

Silent Prayers

God in your love,
Hear our prayer.
Amen

Hymn: **VU#97** *When a Star Is Shining*

1. When a Star is shining over eastern hills,
when the air is silent, and the clamour stills,
when the night is waiting, and the old hopes rise,
then the time has ripened and the heart grows wise.

2. Where the world is waiting for an unknown day,
where a voice forgotten cries, "Prepare the way!"
where an earthly power makes the heart turn cold,
there the gifts are offered: incense, myrrh and gold.

3. Lead us on, O Daystar, in the quiet night;
guide us through the shadow with your gentle light;
show us in a manger our redemption's sign;
bring us to a morning where the promise shines.

Hebrew Scripture : Isaiah 58: 1 - 8

Reader: Santos Dizon

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practiced righteousness and did not forsake the ordinance of their God; they ask of me righteous judgments, they delight to draw near to God.

“Why do we fast, but you do not see? Why humble ourselves, but you do not notice?” Look, you serve your own interest on your fast day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard

This is the witness of my people Israel!

Thanks be to God!

Psalm: 112 VU# 834 with refrain (R)

Reader: Santos Dizon

Refrain: The just shall trust in God alone.

Blessed are those who fear God,
who greatly delight in God’s commandments.

Their descendants will be mighty in the land,
the generation of the upright will be blessed.

**Riches and plenty shall be in their house,
their righteousness enduring forever.**

They are a light in the darkness for the upright,
being gracious, compassionate and just.

**It goes well with those who lend generously,
who conduct their affairs with justice. [Refrain]**

For the righteous will never be shaken;
they will be kept in remembrance forever.

**They will not live in fear of bad news;
with resolute heart they trust in God.**

Their heart is steady, they do not fear;
in the end they will see their enemies’ downfall.

**They distribute freely to the poor,
their righteousness enduring forever;
they will hold up their heads in honour. [Refrain]**

@Gospel: Matthew 5: 13- 20

“You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. “You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but

whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

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

Hymn: *This Little light of Mine*

[Chorus]

This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
Let it shine, let it shine, let it shine

[1]

Each and every day, I'm gonna let it shine
Each and every day, I'm gonna let it shine
Each and every day, I'm gonna let it shine
Let it shine, let it shine, let it shine

[2]

All over my neighborhood, I'm gonna let it shine
All over my neighborhood, I'm gonna let it shine
All over my neighborhood, I'm gonna let it shine
Let it shine, let it shine, let it shine

[3]

All around the world, I'm gonna let it shine
All around the world, I'm gonna let it shine
All around the world, I'm gonna let it shine
Let it shine, let it shine, let it shine

[4]

Put it under a bushel - No! I'm gonna let it shine
Put it under a bushel - No! I'm gonna let it shine
Put it under a bushel - No! I'm gonna let it shine
Let it shine, let it shine, let it shine

[5]

Ain't nobody gonna whoof it out, I'm gonna let it shine
Ain't nobody gonna whoof it out, I'm gonna let it shine
Ain't nobody gonna whoof it out, I'm gonna let it shine
Let it shine, let it shine, let it shine

Sermon Don't Burn Your Baskets

Rev. Dr. Douglas Throop

Offertory Reflections: Acknowledging How Givings Grow into Lives Changed

Music for Spiritual Centering:

Ev'ry Time I Feel the Spirit - arr. William L. Dawson
Voices: Mountainside United Church Choir

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:

I'm Gonna Sing / Ain't-a That Good News? - arr. Larry Shackley
Piano: Alberto Santos

Reference and Information
for the week of February 8, 2026

- ❖ TODAY, Welcome to our Worship Service at Mountainside. It is Black History Month and we honour this as a time to learn the history of sorrow and grief.
- ❖ Welcome to a time for Coffee after the service on level 1.
- ❖ February 15. Celebrate with Joy at the Service of Worship, and join us for LUNCH after the service and the time to honour all who have a Birthday in February.
- ❖ February 22. First Sunday of Lent. Communion. Special Welcome to Alan Ma, Director of Mission Montreal, DIO. to receive a contribution from MU to go towards the programme for Interns.
- ❖ February 25. 7:30pm – 8:00 pm Eyes to See Starting on this Wednesday, and then for the following 3 Wednesdays on Zoom. Employing the fine arts as a vehicle for spiritual reflection and meditation. The Lenten series. Please contact the office for the Zoom link for this Lenten activity.

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