

## **3<sup>rd</sup> Sunday after Epiphany**

### **Prelude**

### **Welcome & Announcements**

### **WE GATHER BEFORE GOD**

#### **Call to Worship**

Sing in exaltation, people of God.

**The Lord fills us with good things.**

Shout for joy, children of the Holy One.

**God feeds us with finest wheat.**

God satisfies us with the sweetest honey.

**The Lord sustains us with living water.**

**HYMN VU 382 – *Breathe on me Breath of God***

#### **Opening Prayer**

Sustaining God, grant us our basic needs.

Where there is hunger, give us bread.

Where there is homelessness, give us shelter.

Where there is loneliness, give us friendship.

Where we have wronged another, guide us into reconciliation.

And where we have been wronged,

lead us on the journey of forgiveness.

Save us in times of trial and lead us in the way of everlasting life,  
through Jesus Christ, our Lord and Saviour, we pray. Amen

## WE LISTEN FOR GOD'S WORD

### SERVICE OF THE WORD TODAY'S SCRIPTURE

1 Timothy 4:8

New International Version

"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come".

Hebrews 12:12-13

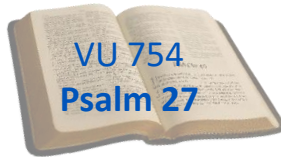
New International Version

"Therefore, strengthen your feeble arms and weak knees. "Make level paths for your feet," so that the lame may not be disabled, but rather healed."

This is the word of God for the people of God.

**ALL; Thanks be to God.**

**HYMN VU 506 – *Take My Life and Let it Be***



### AS WE REFLECT UPON THE WORD OF GOD

Sermon Message – *Rev. Lisa Naumann*

### Ministry Of Music

Jesus Calls Us

### Prayers of the People

*Rev. Lisa Naumann*

## **WE GO FORTH AS GOD'S PEOPLE**

### **Invitation to the Offering**

Christ invites us to serve with Him.

He multiplies the gifts we share  
and we respond by sharing in abundance.

**DOXOLOGY** VU 541 *Praise God from Whom All Blessings Flow*

### **Offering Dedication**

God of all creation,  
move us to treat one another with dignity and respect.  
May we worship You above all else  
and honour Your commandments.  
May we always seek to do good and share from our abundance,  
for these things are pleasing in Your sight.  
In Your Holy name we pray, Amen.

## **COMMISSIONING AND SENDING FORTH**

Let love continue, that peace may abound.

Let love flourish, that God may be found.

May love grow in you as you go forth from this place of worship.

### **Irish Blessing**

### **Postlude**

***Fitness Mondays***

is Paused on  
Jan 26 & Feb 2

***Missed the Church  
Directory Photos?***

***If there is enough interest, IPC  
is offering a Saturday (date to  
be confirmed). If you are  
interested e-mail Gail:***

***secretary***

***@mayfieldunitedchurch.org***



Leg Strength: The Surprising Key to Longevity and Cognitive Health

*Leading Worship:*

**Rev. Lisa Naumann**

*Music Director*

**Craig Garnham**

**Sunday January 25<sup>th</sup>, 2026**

***Thank you!***

Pam O'Sullivan for refreshments

Linda Dunford reading the Scripture

Philip for Slides and Audio

**Mayfield United Church welcomes all to join us.**

Join our weekly email list:

[mayfieldunitedchurch.org](http://mayfieldunitedchurch.org)

for more information:

**P. 905.843.1035**

[secretary@mayfieldunitedchurch.org](mailto:secretary@mayfieldunitedchurch.org)

for info regarding event



### **VU 331 – *The Church's One Foundation***

- 1 The church's one foundation is Jesus Christ our Lord;  
we are his new creation by water and the Word;  
from heaven he came and sought us that we might ever be  
his living servant people, by his own death set free.
- 2 Called forth from every nation, yet one o'er all the earth;  
one charter of salvation: one Lord, one faith, one birth.  
One holy name professing and at one table fed,  
to one hope always pressing, by Christ's own Spirit led.
- 3 Though with a scornful wonder the world sees us oppressed,  
by schisms rent asunder, by heresies distressed,  
yet saints their watch are keeping; their cry goes up, 'How long?'  
But soon the night of weeping shall be the morn of song.
- 4 Mid toil and tribulation, and tumult of our war,  
we wait the consummation of peace forevermore;  
till with the vision glorious our longing eyes are blest,  
and the great church victorious shall be the church at rest.
- 5 We now on earth have union with God the Three in One,  
and share through faith communion with those whose rest is won.  
Oh, happy ones, and holy! Lord, give us grace that we  
like them, the meek and lowly, on high may dwell with thee.

---

### **VU541 *Praise God from Whom all Blessings Flow***

Praise God from whom all blessings flow;  
praise God, all creatures high and low;  
give thanks to God in love made known:  
Creator, Word and Spirit, One

---

### **VU 560 – *O Master, Let Me Walk with Thee***

- 1 O Master, let me walk with thee  
in lowly paths of service free;  
teach me thy secret, help me bear  
the strain of toil, the fret of care.
- 2 Help me the slow of heart to move  
with some clear, winning word of love;  
teach me the wayward feet to stay,  
and guide them in the homeward way. .

- 3 Teach me thy patience; still with thee,  
in closer, dearer company,  
in work that keeps faith sure and strong,  
in trust that triumphs over wrong,
- 4 in hope that sends a shining ray  
far down the future's broadening way,  
in peace that only thou canst give,  
with thee, O Master, let me live.
- 

## VU 754 – Psalm 27

*Refrain – God is my light and saving health, I shall not be afraid.*

God is my light and my salvation, whom then shall I fear?

**God is the stronghold of my life,  
of whom shall I be afraid?**

When the wicked close in to devour me,

**it is they, my enemies and my foes, who stumble and fall.**

If an army should encamp against me,

my heart shall not be afraid;

**if war should arise against me,  
even then I will not be dismayed. R**

One thing I have asked of God, for which I long:

that I may dwell in God's house all the days of my life,

**to gaze on your beauty, O God,  
and to seek you in your temple.**

For in the time of trouble you will give me shelter;

**you will hide me under the cover of your tent,  
you will set me high upon a rock.**

And now you have raised my head

above my enemies round about me.

**Therefore I will offer in your dwelling  
a sacrifice with great gladness. R**

Hear my voice, O God, when I call; have mercy and answer me.

Your face, O God, I seek.

**Do not hide your face from me;  
do not reject your servant in anger,  
you who have been my helper.**

Do not cast me off, or forsake me, O God my saviour.

**Though my father and mother forsake me,  
my God will take me up. R**

Teach me your way, O God,

**lead me on a level path,**

**safe from those who lie in wait for me.**

Do not give me up to the will of my enemies,

**for liars and false witnesses arise against me.**

I believe that I shall see God's goodness

in the land of the living.

**Wait for God; be strong, and take courage;**

**yes, wait for God! R**

### **VU 700 – God of Freedom, God of Justice**

- 1      God of freedom, God of justice,  
you whose love is strong as death,  
you who saw the dark of prison,  
you who knew the price of faith:  
touch our world of sad oppression  
with your Spirit's healing breath.
  
- 2      Rid the earth of torture's terror,  
you whose hands were nailed to wood;  
hear the cries of pain and protest,  
you who shed the tears and blood:  
move in us the power of pity  
restless for the common good.
  
- 3      Make in us a captive conscience  
quick to hear, to act, to plead;  
make us truly sisters, brothers  
of whatever race or creed:  
teach us to be fully human,  
open to each other's need.

### **MV215 *Peace Be With You***

Peace be with you, Peace forever,

Peace be with you, My friends.

Till we meet again, May God be with you. Peace, peace, peace

Hymns