



YOU ARE THE  
LIGHT  
OF THE WORLD

Matthew 5:14-16

All Are Welcome at St. Alban's Episcopal Church  
10:30am Sunday, February 8, 2026  
The Fifth Sunday after Epiphany

*St. Alban's seeks to be a welcoming, Christ-centered community committed to sharing Christ's love, empowering people to grow spiritually, deepening our relationship with Christ, and living out our faith in our community and the world.*



## Prelude

Opening Hymn: *Christ Whose Glory Fills the Skies* Hymn 7

Celebrant: Welcome to St. Alban's Episcopal Church. We're here in Edmonds, WA, and wherever you are in the world, we're honored that you have welcomed us into your home this evening, as together we worship the God of all creation incarnate in Jesus of Nazareth. Whether you're with us for an hour or a lifetime, we hope and trust that you will find this a refuge that nourishes the Holy Spirit within you.

As we begin, we acknowledge that we are blessed to be situated on traditional and ancestral Snohomish, Coast Salish land. They cared for this land for millennia before it was taken from them. We honor them, and pray for the wisdom to care for it as well as they. We recognize that we are living among them still, so we are seeking ways of building relationships so that, working together, we can be better stewards of this place and all its people.

## Opening Acclamation

BCP 355

Blessed be God: Father, Son, and Holy Spirit.  
*And blessed be his kingdom, now and forever. Amen*

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. *Amen.*

*Glory to God in the highest,  
and peace to his people on earth.*

*Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.*

*Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.*

*For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen.*

### The Collect of the Day

The Lord be with you.  
*And also with you.*

Let us pray.

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. ***Amen.***

## The First Reading

*Shortly after the return of Israel from exile in Babylon, the people were troubled by the ineffectiveness of their fasts. God reminds them that outward observance is no substitute for genuine fasting that results in acts of justice, such as feeding the hungry, sheltering the homeless, and clothing the naked.*

A Reading from Isaiah Chapter 58 beginning with the 1<sup>st</sup> verse

*Isaiah 58:1-9a, [9b-12]*

<sup>1</sup>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.

<sup>2</sup>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.

<sup>3</sup>“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.

<sup>4</sup>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.

<sup>5</sup>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?

<sup>6</sup>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?

<sup>7</sup>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?

<sup>8</sup>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.

<sup>9a</sup>Then you shall call, and the LORD will answer;  
you shall cry for help, and he will say, Here I am.

<sup>9b</sup>If you remove the yoke from among you,  
the pointing of the finger, the speaking of evil,  
<sup>10</sup>if you offer your food to the hungry  
and satisfy the needs of the afflicted,  
then your light shall rise in the darkness  
and your gloom be like the noonday.

<sup>11</sup>The LORD will guide you continually,  
and satisfy your needs in parched places,  
and make your bones strong;

and you shall be like a watered garden,  
like a spring of water,  
whose waters never fail.

<sup>12</sup>Your ancient ruins shall be rebuilt;  
you shall raise up the foundations of many generations;  
you shall be called the repairer of the breach,  
the restorer of streets to live in.

Hear what the Spirit is saying to God's people.  
*Thanks be to God.*

Psalm 112:1-9, [10]

BCP 755

<sup>1</sup>Hallelujah!  
Happy are they who fear the Lord \*  
and have great delight in his commandments!

<sup>2</sup>*Their descendants will be mighty in the land; \**  
*the generation of the upright will be blessed.*

<sup>3</sup>Wealth and riches will be in their house, \*  
and their righteousness will last forever.

<sup>4</sup>*Light shines in the darkness for the upright; \**  
*the righteous are merciful and full of compassion.*

<sup>5</sup>It is good for them to be generous in lending \*  
and to manage their affairs with justice.

<sup>6</sup>*For they will never be shaken; \**  
*the righteous will be kept in everlasting remembrance.*

<sup>7</sup>They will not be afraid of any evil rumors; \*  
their heart is right;  
they put their trust in the LORD.

<sup>8</sup>*Their heart is established and will not shrink, \**  
*until they see their desire upon their enemies.*

<sup>9</sup>They have given freely to the poor, \*  
and their righteousness stands fast forever;  
they will hold up their head with honor.

<sup>10</sup>*The wicked will see it and be angry;*  
*they will gnash their teeth and pine away; \**  
*the desires of the wicked will perish.*

## The Second Reading

Though people such as the Corinthians are enamored with human philosophy and wisdom, Paul continuously presents God's hidden wisdom which is Jesus Christ crucified. True spiritual maturity involves judging ourselves and others in light of God's revelation in the cross.

A Reading from 1 Corinthians, Chapter 2 beginning with the 1<sup>st</sup> verse

### 1 Corinthians 2:1-12, [13-16]

<sup>1</sup>When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. <sup>2</sup>For I decided to know nothing among you except Jesus Christ, and him crucified. <sup>3</sup>And I came to you in weakness and in fear and in much trembling. <sup>4</sup>My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, <sup>5</sup>so that your faith might rest not on human wisdom but on the power of God.

<sup>6</sup>Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. <sup>7</sup>But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. <sup>8</sup>None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. <sup>9</sup>But, as it is written,

“What no eye has seen, nor ear heard,  
nor the human heart conceived,  
what God has prepared for those who love him”—

<sup>10</sup>these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. <sup>11</sup>For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. <sup>12</sup>Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. <sup>[13]</sup>And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

<sup>14</sup>Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are spiritually discerned. <sup>15</sup>Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny.

<sup>16</sup>“For who has known the mind of the Lord so as to instruct him?”

But we have the mind of Christ.

Hear what the Spirit is saying to God's people.

*Thanks be to God.*

## The Gospel Reading

*In the Sermon on the Mount, Jesus encourages his followers to be the salt of the earth and the light of the world, doing good works and keeping God's commandments.*

The Holy Gospel of our Lord and Savior, Jesus Christ according to Matthew

***Glory to you Lord Christ.***

*Matthew 5:13-20*

[Jesus said:] <sup>13</sup>“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 underfoot.

<sup>14</sup>“You are the light of the world. A city built on a hill cannot be hid. <sup>15</sup>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. <sup>16</sup>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.

<sup>17</sup>“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. <sup>18</sup>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. <sup>19</sup>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. <sup>20</sup>For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

The Gospel of the Lord.

***Praise to you, Lord Christ.***

## The Sermon

### The Nicene Creed

BCP 358

*We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.*

*We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father.  
Through him all things were made.*

*For us and for our salvation  
he came down from heaven:  
by the power of the Holy Spirit  
he became incarnate from the Virgin Mary,  
and was made man.*

*For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.*

*On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.*

*He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.*

*We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.  
With the Father and the Son he is worshiped and glorified.  
He has spoken through the Prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.*

## Prayers of the People

## Form VI

## BCP 392

*The Leader and People pray responsively*

In peace, we pray to you, Lord God.

*Silence*

For all people in their daily life and work;  
*For our families, friends, and neighbors, and for those who are alone.*

For this community lead by Mayor Mike Rosen and Governor Bob Ferguson, the nation lead by President Donald Trump, and for leaders throughout the world;

*For all who work for justice, freedom, and peace.*

For the work and ministries of our local Food Banks, Homage, and Doctors without Borders, and the just and proper use of your creation;  
*For the victims of hunger, fear, injustice, and oppression.*

For all who are in danger, sorrow, or any kind of trouble;  
*For those who minister to the sick, the friendless, and the needy.*

For the Anglican Communion, particularly the Anglican Church of Australia

For the ministries of this Diocese, especially St. James in Kent, St. George's in Maple Valley and St. Luke's in Renton, and for the peace and unity of the Church of God;

***For all who proclaim the Gospel, and all who seek the Truth.***

For Fernely and Irma and the congregation of Templo Emanuel; Sarah Archbishop of Canterbury, Sean Presiding Bishop of the Episcopal Church, Phil Bishop of Olympia; for all deacons; for Greg Priest of this congregation; and for all bishops and other ministers;

***For all who serve God in his Church.***

For the special needs and concerns of this congregation. We pray for Martin O., Sue, John P., Gretchen, Barbara H., Shirley C., Howard, Karen, Robin, Dee and those we name now either aloud or silently.

*The People may add their own petitions*

Hear us, Lord;

***For your mercy is great.***

We thank you, Lord, for all the blessings of this life.

We give thanks for Chase Lake School, West Edmonds Preschool, Scout Troop 300, Girl Scout Troop 46254 and Alcoholics Anonymous;

for the ministries of congregation, especially the Communications Ministries;

for the members of our congregation, especially Kinman McPeak and Anne Underwood;

for the members of our Legacy Society, especially Barbara Dengel and Lloyd Jones;

for Eric Hanson and Ruthann Gedeon-Gaude who are celebrating birthdays this week; and

for those blessings we name either silently or aloud.

*The people may add their own thanksgivings*

We will exalt you, O God our King;  
***And praise your Name for ever and ever.***

We pray for all who have died, especially \_\_\_\_\_ that they may have a place in your eternal kingdom.

*Silence*

*The People may add their own petitions*

Lord, let your loving-kindness be upon them;  
***Who put their trust in you.***

We pray to you also for the forgiveness of our sins.

*Silence may be kept.*

*Leader and People*

Have mercy upon us, most merciful Father;  
in your compassion forgive us our sins,  
known and unknown,  
things done and left undone;  
and so uphold us by your Spirit  
that we may live and serve you in newness of life,  
to the honor and glory of your Name;  
through Jesus Christ our Lord. **Amen.**

**Absolution**

Almighty God have mercy on you, forgive you all your sins  
through the grace of Jesus Christ, strengthen you in all goodness,

and by the power of the Holy Spirit keep you in eternal life. *Amen.*

## The Peace

The Peace of the Lord be always with you.  
*And also with you.*

## Birthday, Anniversaries, and other Thanksgivings

## Announcements

## The Holy Communion

## The Offertory

Offertory Hymn: *Be Thou My Vision* Hymn 488

Doxology (please stand if you are able) Hymn 380, vs 3

## Eucharistic Prayer 2

*From Enriching Our Worship*

Celebrant The Lord be with you.

*People And also with you.*

Celebrant Lift up your hearts.

*People We lift them to the Lord.*

Celebrant Let us give thanks to the Lord our God.

*People It is right to give God thanks and praise.*

We praise you and we bless you, holy and gracious God,  
source of life abundant.

From before time you made ready the creation.

Your Spirit moved over the deep  
and brought all things into being:  
sun, moon, and stars;  
earth, winds, and waters;  
and every living thing.

You made us in your image,  
and taught us to walk in your ways.

But we rebelled against you, and wandered far away;  
and yet, as a mother cares for her children,  
you would not forget us.

Time and again you called us  
to live in the fullness of your love.  
And so this day we join with Saints and Angels  
in the chorus of praise that rings through eternity,  
lifting our voices to magnify you as we sing:

D. Buley

Arranged by JEP

## Sanctus

*The people stand or kneel.*

Glory and honor and praise to you, holy and living God.  
To deliver us from the power of sin and death  
and to reveal the riches of your grace,  
you looked with favor upon Mary, your willing servant,  
that she might conceive and bear a son,  
Jesus the holy child of God.

Living among us, Jesus loved us.  
He broke bread with outcasts and sinners,  
healed the sick, and proclaimed good news to the poor.  
He yearned to draw all the world to himself  
yet we were heedless of his call to walk in love.  
Then, the time came for him to complete upon the cross  
the sacrifice of his life,  
and to be glorified by you.

On the night before he died for us,  
Jesus was at table with his friends.  
He took bread, gave thanks to you,  
broke it, and gave it to them, and said:  
“Take, eat: This is my Body, which is given for you.  
Do this for the remembrance of me.”

As supper was ending, Jesus took the cup of wine.  
Again, he gave thanks to you,  
gave it to them, and said:  
“Drink this, all of you:  
This is my Blood of the new Covenant,  
which is poured out for you and for all  
for the forgiveness of sins.

Whenever you drink it, do this for the remembrance of me.”  
Now gathered at your table, O God of all creation,  
and remembering Christ, crucified and risen,  
who was and is and is to come,  
we offer to you our gifts of bread and wine,  
and ourselves, a living sacrifice.  
Pour out your Spirit upon these gifts  
that they may be the Body and Blood of Christ.  
Breathe your Spirit over the whole earth  
and make us your new creation,  
the Body of Christ given for the world you have made.

In the fullness of time bring us,  
with Mary, Joseph, Alban, and all your saints,  
from every tribe and language and people and nation,  
to feast at the banquet prepared  
from the foundation of the world.  
Through Christ and with Christ and in Christ,  
in the unity of the Holy Spirit,  
to you be honor, glory, and praise,  
for ever and ever. ***AMEN.***

And now, as our Savior Christ has taught us, we are bold to say,

*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.*

### Fraction Anthem

C.K. Pence

Arranged by JEP



1. This is the bread that is bro - ken for you. Take it and eat, take it and eat.  
 2. This is the cup that is offer - ed to you. Take it and drink, take it and drink.  
 3. This is the task that is give - en to you: be full of love, be full of love.  
 4. Eat and drink in re mem-brance of me. I am the way; I am the way.



Here is the bread that is bro - ken for you; if you eat you will hun - ger no more.  
 This is the cup that is offere - ed to you; come re-ceive the for-give-ness of sins.  
 This is the task that is giv - en to you; love each oth - er as I have loved you.  
 Eat and drink in re-mem-brance of me 'till we meet in the king-dom of God.

### The Breaking of the Bread

Christ our Passover is sacrificed for us;  
*Therefore let us keep the feast.*

The Gifts of God for the People of God. Holy things for God's holy people.

Communion Hymn: *The People Who in Darkness Walked* Hymn 126

Post Communion Prayer

BCP 365

Let us pray.

*Eternal God, heavenly Father,  
you have graciously accepted us as living members  
of your Son our Savior Jesus Christ,  
and you have fed us with spiritual food  
in the Sacrament of his Body and Blood.  
Send us now into the world in peace,  
and grant us strength and courage  
to love and serve you  
with gladness and singleness of heart;  
through Christ our Lord. Amen.*

The Blessing

Closing Hymn: *Thy Strong Word Did Cleave the Darkness* Hymn 381

The Dismissal

Go in peace to love and serve the Lord, alleluia, alleluia.  
*Thanks be to God, alleluia, alleluia.*

Postlude

# St. Alban's Episcopal Church

21405 82nd Place West, Edmonds, WA 98026   Office (425) 778-0371

Sunday Worship 8 a.m. & 10:30 a.m.

Email: [StAlbansEdmonds@gmail.com](mailto:StAlbansEdmonds@gmail.com)

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the Rt. Rev. Philip LaBelle, Bishop Diocese of Olympia

the Rev. Greg Peters, Rector

Dan Mullene, Parish Care Minister

## Serving in Today's Worship

Celebrant & Preacher

Guest Organist

Crucifer

Lectors & Alms Bearers

Chalice Bearers

Altar Guild

Father Greg Peters

Natalie Bartels

Colyn LaVergne

Jeannie Burpee

Harvey Smith

Debby Wilson

Dan Mullene

Donna Hoffman

Denise Roberston

Phil McClelland

Denise Robertson

Brad Goergen

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*Flowers are given to the glory of God by Susan Hanson  
in thanksgiving for Eric.*

### Weekly Sunday Outreach Basket Offerings

1st week—Food Bank

2nd week—Discretionary Fund

3rd week—Quarterly Outreach Offering

4th week—International Relief Offering

5th Week—Indigenous Women's Offering



For Online donations:  
go to [www.StAlbansEdmonds.org](http://www.StAlbansEdmonds.org) and click  
on "Donate Now" or use QR code above.

### Scripture Readings for February 15th

Exodus 24:12-18; Psalm 2 or Psalm 99; 2 Peter 1:16-21; Matthew 17:1-9

## *Announcements*

**Last Adult Bible Study this Sunday, February 8th:** It is the End of an Era here at St. Alban's. After nearly 20 years, Eric Hanson is finally retiring from teaching his drop-in Adult Christian Education class Sunday mornings between the St. Alban's services. Over that period, he led some 30-40 people through the Bible three separate times. Thank you, Eric, for sharing your knowledge, and for inspiring us to learn more about the Bible for so many years!

**Outreach Ballot:** It's time to vote for our outreach recipient for the next 4 quarters. The ballot will be available during February in the Parish Hall. You can vote for up to four organizations. The top four vote- getters will be selected. Ballots are due by February 22nd. You can leave your ballot in the designated basket in the parish hall.

**Second Harvest Heartland:** At the Annual Meeting an opportunity to make a donation to support Minneapolis was offered. Second Harvest Heartland in Minneapolis is putting together emergency boxes filled with shelf stable foods that are made available for delivery to people's homes. If you would like to support this effort, you can donate via St. Alban's—mark your contribution MN Food Support, or if you want to donate directly, go to <https://www.2harvest.org>

**Men's Circle Meeting on February 14<sup>th</sup>:** Join us Saturday, February 14<sup>th</sup> at 10:30am in the Parish Hall when Martin Walters will give a presentation of his experience at the Standing Rock Protests. ALL (female, male, et al.) are WELCOME. Coffee and snacks are included. My God, it's FREE!

## *Announcements*

**Palms into Ashes:** It's that time of year again. Shrove Tuesday and Ash Wednesday are coming. Please bring in last year's palms by Shrove Tuesday so they can be rendered into ashes for Ash Wednesday. There's a basket in the Parish Hall just waiting to receive them!

**Shrove Tuesday:** Come celebrate the start of Lent at our Shrove Tuesday Pancake Supper February 17, 2026. You will have a fun evening with old friends and make some new! And of course, there's the pancakes!! Cost is \$5 per person (proceeds go to Edmonds Food Bank), and as always, those over 90 and scouts dressed in uniform are free. We also ask for all to bring a non-perishable item for the food bank. Thank you to the Men's Circle who will prepare and provide the pancakes!

**Ash Wednesday Services, February 18<sup>th</sup> at 12pm & 6pm:** Join us for Eucharist and Imposition of the Ashes on Ash Wednesday, February 18<sup>th</sup>. This year, services will be offered at 12pm & 6pm. The noon service will be livestreamed for those who worship at home.

**Lenten Soup Suppers each Wednesday during Lent:** Join us for Lenten Soup Suppers beginning Wednesday, February 25<sup>th</sup>. Our evening begins with Evening Prayer in the Sanctuary at 6:00pm. Supper is at 6:30pm, followed by our program. If you are able and would like to contribute to supper, please bring soup, salad, bread or dessert. Please indicate on the signup sheet what you are able to provide.