

Sunday, January 14, 2024 10:00 a.m.



SUNDAY SERVICES

8:00 a.m. (Said) Holy Eucharist 10:00 a.m. (Sung) Holy Eucharist



St. Matthew the Apostle, Oriole

Anglican Church

Come. See. Journey. 80 George Henry Blvd. North York, ON M2J 1E7 www.stmatthew.ca

416-494-7020

www.stmatthew.ca office@stmatthew.ca

"To Seek and Serve Christ in all persons"

Priest and Pastor: The Rev. Sherri Golisky
Archdeacon: The Venerable Kyn Barker
Honorary Assistant: The Rev. Canon John Wilton

Music Director & Organist: Mr. David Braund Lay Anointer: Mr. Clifford Wong

Today at St. Matthew

8:00 a.m. Holy Eucharist | 10:00 a.m. Family Service with Holy Eucharist

We Livestream our 10:00 a.m. service on our YouTube channel at www.stmatthew.ca/YouTube

The Baptism of the Lord

10:00 a.m. Family Service with HOLY EUCHARIST (BAS)

Everything you will need for the service is found in this leaflet, with the exception of hymns which are found in the blue book, Common Praise. We invite you to participate as you feel comfortable.

Masks are now optional. We have Hearing-Assist devices available for those with hearing difficulty.

Children are very welcome here! There are activity packages for children to use in church during the service - available from the Sidespeople in the narthex (the entrance area).

THE GATHERING OF THE COMMUNITY

Territorial Acknowledgment (please stand)

The land on which we gather is the traditional territory of the Huron-Wendat, Haudenosaunee, and Anishinabek Nations, and the Mississaugas of the New Credit First Nation. This territory was the subject of the Dish-With-One-Spoon Wampum Belt Covenant, an agreement between the Iroquois Confederacy and the Ojibwe and allied nations to peaceably share and care for the resources around the Great Lakes. This territory is also covered by the Toronto Purchase. Today, Toronto is home to many Indigenous people from across Turtle Island. We recognize the enduring presence of Indigenous peoples connected to and on this land. We are grateful for the opportunity to gather on this territory and work in community, and we commit ourselves to the work of reconciliation with Indigenous Peoples.

Processional Hymn: 103 "On Jordan's bank, the Baptist's cry"...... WINCHESTER NEW

THE GREETING

Celebrant: The grace of our Lord Jesus Christ, and the love of God, and the

fellowship of the Holy Spirit, be with you all.

All: And also with you.

GLORIA

COLLECT OF THE DAY (please remain standing)

Celebrant: Let us pray (a moment of silence is taken)

Eternal Father, who at the baptism of Jesus revealed him to be your Son, anointing him with the Holy Spirit, keep your children, born of water and the Spirit, faithful to their calling; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

PROCLAMATION OF THE WORD

First Lesson

Reader: A Reading from the Book of Genesis

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, "Let there be light"; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day. (Genesis 1:1-5)

Reader: Hear what the Spirit is saying to the Church.

All: Thanks be to God.

Psalm: 29

Leader: Ascribe to the Lord, you gods, ascribe to the Lord glory and strength.

All: Ascribe to the Lord the glory due his name; worship the Lord in the

beauty of holiness.

Leader: The voice of the Lord is upon the waters; the God of glory thunders;

the Lord is upon the mighty waters.

All: The voice of the Lord is a powerful voice; the voice of the Lord is a

voice of splendour.

Leader: The voice of the Lord breaks the cedar trees; the Lord breaks the

cedars of Lebanon;

All: He makes Lebanon skip like a calf, and Mount Hermon like a young wild ox.

Leader: The voice of the Lord splits the flames of fire; the voice of the Lord

shakes the wilderness; the Lord shakes the wilderness of Kadesh.

All: The voice of the Lord makes the oak trees writhe and strips the

forests bare.

Leader: And in the temple of the Lord all are crying, "Glory!"

All: The Lord sits enthroned above the flood; the Lord sits enthroned as

king for evermore.

Leader: The Lord shall give strength to his people; the Lord shall give his

people the blessing of peace.

Second Lesson

Reader: A Reading from the Book of Acts

While Apollos was in Corinth, Paul passed through the interior regions and came to Ephesus, where he found some disciples. He said to them, "Did you receive the Holy Spirit when you became believers?" They replied, "No, we have not even heard that there is a Holy Spirit." Then he said, "Into what then were you baptized?" They answered, "Into John's baptism." Paul said, "John baptized with the baptism of repentance, telling the people to believe in the one who was to come after him, that is, in Jesus." On hearing this, they were baptized in the name of the Lord Jesus. When Paul had laid his hands on them, the Holy Spirit came upon them, and they spoke in tongues and prophesied - altogether there were about twelve of them.

(Acts 19:1-7)

Reader: Hear what the Spirit is saying to the Church.

People: Thanks be to God.

Gradual Hymn: 324 "Hallelujah" HALLELUJAH

The Holy Gospel

Archdeacon: The Lord be with you.

All: And also with you.

Archdeacon: The Holy Gospel of our Lord Jesus Christ according to Mark.

All: Glory to you, Lord Jesus Christ.

Archdeacon: John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. And people from the whole Judean countryside and all the people of Jerusalem were going out to him, and were baptized by him in the river Jordan, confessing their sins. Now John was clothed with camel's hair, with a leather belt around his waist, and he ate locusts and wild honey. He proclaimed, "The one who is more powerful than I is coming after me; I am not worthy to stoop down and until the thong of his sandals. I have baptized you with water; but he will baptize you with the Holy Spirit." In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water. he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." (Mark 1:4-11)

The Gospel of Christ. Archdeacon:

All: Praise to you, Lord Jesus Christ.

All Ages Teaching and Reflection: The Rev. Sherri Golisky

Renewal of Baptismal Vows

The Baptismal Covenant (Please stand)

Officiant: Do you believe in God the Father?

I believe in God, The Father almighty, creator of heaven and earth. People:

Do you believe in Jesus Christ, the Son of God? Officiant:

People: I believe in Jesus Christ, his only Son, our Lord. He was conceived

> by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.

Do you believe in God the Holy Spirit? Officiant:

People: I believe in God the Holy Spirit, the holy catholic Church, the

communion of saints, the forgiveness of sins, the resurrection of

the body, and the life everlasting.

Officiant: Will you continue in the apostles' teaching and fellowship, in the

breaking of bread, and in the prayers?

People: I will, with God's help.

Officiant: Will you persevere in resisting evil and, whenever you fall into sin,

repent and return to the Lord?

People: I will, with God's help.

Officiant: Will you proclaim by word and example the good news of God in

Christ?

People: I will, with God's help.

Officiant: Will you seek and serve Christ in all persons, loving your neighbour as

yourself?

I will, with God's help. People:

Officiant: Will you strive for justice and peace among all people, and respect

the dignity of every human being?

People: I will, with God's help.

The Blessing of the Water

(Water is poured into the font.)

Celebrant: The Lord be with you. All: And also with you.

Let us give thanks to the Lord our God. Celebrant:

It is right to give our thanks and praise. All:

Celebrant: We thank you, Almighty God, for the gift of water. Over water the

> Holy Spirit moved in the beginning of creation. Through water you led the children of Israel out of their bondage in Egypt into the land of promise. In water your Son Jesus received the baptism of John and was anointed by the Holy Spirit as the Messiah, the Christ, to lead us,

through his death and resurrection, from the bondage of sin into

everlasting life.

We thank you, Father, for the water of baptism. In it we are buried Celebrant:

> with Christ in his death. By it we share in his resurrection. Through it we are reborn by the Holy Spirit. Therefore in joyful obedience to your Son, we celebrate our fellowship in him in faith. Now sanctify this water by the power of your Holy Spirit, that all who have passed through the waters of baptism may continue for ever in the risen life

of Jesus Christ our Saviour. To him, to you, and to the Holy Spirit, be all honour and glory, now and for ever.

People: Amen.

<u>The Asperges</u>: The people are sprinkled with water from the font.

(All sing the following, repeatedly)

There is one Lord, one faith, one baptism, There is one Lord, who is Father of all.

Text: Ephesians 4. Taizé Community, 1984. Tune: Jacques Berthier (1923-1994) © 1984, Les Presses de Taizé, GIA Publications, Inc.,

The Priest concludes the Renewal of Baptismal Vows with the following

Celebrant: God the creator, the rock of our salvation, has given us new birth by

water and the Holy Spirit, and bestowed upon us the forgiveness of sins, through our Lord Jesus Christ. May God keep us faithful to our

calling, now and forever.

People: Amen.

Prayers of the People (as announced)

(Please stand, sit, or kneel as is most comfortable and prayerful for you.)

The Peace (Please stand.)

Celebrant: The peace of the Lord be always with you

All: And also with you.

You are invited to share a word of peace with others in the congregation.

THE CELEBRATION OF THE EUCHARIST

The Preparation of the Gifts

Offertory Hymn: 162 "Sing of God made manifest"...... SALZBURG

Prayer Over the Gifts (please stand)

Celebrant: God of life and freedom, we celebrate the revelation of Jesus as the

Christ who makes all creation new. Accept all we offer you this day

and make us new in him, who is Lord for ever and ever. Amen.

The Great Thanksgiving

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 our thanks and praise.

Celebrant: Blessed are you, gracious God, creator of heaven and earth; by

water and the Holy Spirit you have made us a holy people in Jesus Christ our Lord; you renew that mystery in bread and wine and nourish us, to show forth your glory in all the world. Therefore with angels and archangels, and with all the holy people who have served you in every age, we raise our voices to proclaim the glory of your

name.

All: Holy, holy, holy Lord, God of power and might, heaven and earth

are full of your glory. Hosanna in the highest. Blessed is he who

comes in the name of the Lord. Hosanna in the highest.

Celebrant: We give thanks to you, Lord our God, for the goodness and love you

have made known to us in creation; in calling Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Saviour and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life. On the night he was handed over to suffering and death, a death he freely accepted, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: this is my body which is given for you. Do this for the remembrance of me." After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: this is my blood of the new covenant, which is shed for you and

for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Therefore, Father, according to his command,

All: we remember his death, we proclaim his resurrection, we await his coming in glory;

Celebrant:

and we offer our sacrifice of praise and thanksgiving to you, Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be the sacrament of the body of Christ and his blood of the new covenant. Unite us to your Son in his sacrifice, that we, made acceptable in him, may be sanctified by the Holy Spirit. In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all your children; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, almighty Father, now and for ever. **Amen.**

The Lord's Prayer (sung)

Celebrant: As our Saviour taught us, let us pray,

All:

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.

Breaking of the Bread

Celebrant: God of promise, you prepare a banquet for us in your kingdom.

All: Happy are those who are called to the supper of the Lamb.

THE COMMUNION

Celebrant: The gifts of God for the People of God.

All: Thanks be to God.

Agnus Dei (Sung)

All: Lamb of God, you take away the sin of the world,

have mercy on us.

Lamb of God, you take away the sin of the world, have mercy on us.

Lamb of God, you take away the sin of the world, grant us peace.

Please wait for the direction of the Sidespeople.

If you would like to receive a blessing instead of Communion, please indicate this by crossing your hands over your chest as you approach the priest.

If you would like to receive the bread only, simply touch the base of the chalice as the wine is offered.

Gluten free-hosts are available.

Prayer after Communion (Please stand)

Celebrant: Gracious God, lover of all, by this sacrament you make us one family

in Christ your Son, one in the sharing of his body and blood, one in the communion of his Spirit. Help us to grow in love for one another and come to the full maturity of the Body of Christ. We ask this in his

name. Amen.

Doxology

Celebrant: Glory to God,

All: whose power, working in us, can do infinitely more than we can

ask or imagine. Glory to God from generation to generation, in the

Church and in Christ Jesus, for ever and ever. Amen.

Announcements

Blessing

Hymn: 505 "Be thou my vision"......SLANE

Archdeacon: Followers of Jesus, inspired by the Holy Spirit, serve the world God loves!

All: Thanks be to God.

Postlude: "Plein Jeu" (Gloria).....François Couperin

▶ Join us for our Coffee Hour following the service ◀

Next Week's Readings ~ The Third Sunday after the Epiphany

Jonah 3:1-5, 10 Psalm 62:6-14 1 Corinthians 7:29-31 Mark 1:14-20

CYCLE OF PRAYER

Anglican Communion: Church of the Province of South East Asia Anglican Church of Canada: Dr. Andrea Mann, Director, and the staff of Global Relations; Ryan Weston, Lead Animator, Public Witness for Social and Ecological Justice; Executive Director, Will Postma, and staff of the Primate's World Relief and

Development Fund

Diocese: The New Dean and Canons of St. James Cathedral

Deanery: The Sisterhood of St. John the Divine & their spiritual care ministry at St.

John's Rehab Hospital

Parish: Families of Davies, Deller & Dempster

ASSISTING TODAY

Sidespersons: The Margaret Gordon Allen Team

Crucifer: Kaenen
First Reader: Nevaeh
Psalm leader: Shanycia
Second reader: Maia

Intercessors: Solar Soley

Gift bearer: Malik

Altar Guild: Claudette Blake

Liturgical texts:

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Genesis 1:1-5

In today's reading we hear the opening verses of Genesis, one of several biblical versions of the account of God's creation of the world. Others include Genesis 2, Psalms 8 and 104, Job 38, and perhaps Exodus 15, which celebrates in ancient mythological language the Lord's overthrow of the powers of chaos and destruction and creation of an ordered world for a new and free people, Israel. Since the nineteenth century, most scholars have thought that Genesis 1 comes from a different source tradition than Genesis 2. Genesis 1 is like a great liturgy of praise, with the refrain "It was evening and it was morning, the ... day." It delights in the way God creates by making distinctions and dividing things into categories, and for this reason scholars think it may have come from writers among the priestly class, who specialized in careful distinctions and categories of sacred and non-sacred things. All of God's creating action is released by the word. Our reading speaks of the great ruach, the Mighty Wind or Spirit, that sweeps over the formless void at the outset. The first of God's creative act is the giving of light, and when John in his gospel re-imagines the creation in Greek terms, he tells us that that light from the very beginning of creation is the life and light was alive in Jesus for all people. Finally, we might note that while some people get hung up on how creation could unfold in seven days, what is much more interesting, if we take the entire liturgy, is that it shows the work of creation unfolding in much the same way as scientists suggest. Beginning from a black hole, the comes a great a great burst of energy, and then the emergence of all things in a long process of increasing complexification, ending finally with a return to stillness and rest as God rests on the seventh day, [Dr. Walter Deller/2024] the Sabbath.

Parish News

TUESDAY COMPLINE ~ January 16th at 7:00 p.m. Join us for a half-hour reflective service using the tradition of Compline (or "Night Prayer").

Come pray together, and find peace at the end of your day.

<u>BIBLE STUDY</u> ~ Wednesday, January 17th at 10:00 a.m. on Zoom. A Bible study series on *Angels of the Bible*. All are welcome! Zoom link: https://us06web.zoom.us/j/82847391861?pwd=43J5o5pbIc8wT4lcNM4GeiOn6R6cFd.1



MESSY CHURCH ~ We will have an Epiphany Party on **Saturday, January 20th at 11:00 a.m.** Expect activities, songs and prayers and an entirely new way to express your faith (eg. Lord's Prayer bean bag toss). Please register by the Tuesday, January 16th at office@stmatthew.ca. Adults must remain with children.

ADVISORY BOARD ~ Tuesday, 23rd January at 7:30 p.m. by zoom.

PRE-VESTRY DISCUSSION ON THIS YEAR'S SOCIAL JUSTICE VESTRY MOTION

Thursday February 8th at 730 p.m. on Zoom. The topic of this year's social justice vestry motion is Protecting and Advancing the Right to Housing: The Social Justice Vestry Motion for 2024 has been approved by the College of Bishops. It addresses some of the key obstacles to the realization of housing as a human right in Canada and in Ontario. Join us for an evening conversation to learn about the motion and backgrounder, as we prepare to vote on this motion at our parish vestry meeting at the end of February. Zoom link to come.

CHURCH OFFICE OPEN ~ Tuesdays from 9:00 to 3:00 p.m. and Fridays from 12:00 p.m. to 6:00 p.m. via the main South door. Please ring the Bell outside the East wing door (on the left side of the door frame) for entry.

INTERCESSIONS ~ Each week as a church, we lift up our prayers for one another, presenting our requests to God. If you wish for us to be praying for someone you know, please add their name to the "Blue Binder" found in the narthex, or speak to Reverend Sherri or Archdeacon Kyn.

PASTORAL CARE ~ If in need of pastoral support, please contact Reverend Sherri <u>priest-stmatthewtheapostleoriole@toronto.anglican.ca</u> or by phone at 416-494-7020 ext. 2. In case of pastoral emergencies, please call (416) 880 – 4211. Sherri's day off is Mondays.

PLEASE NOTE: 2024 OFFERTORY ENVELOPES...

...are available for pick-up from the Narthex.

Parish Calendar	
January 2024	
Tuesday, 2nd	Please note there is no Compline this evening.
Wednesday, 3rd	Choir practice 7:15 p.m.
Saturday, 6th	Epiphany Open House 3:00 p.m. Postponed to January 27th
Sunday, 7th	Feast of the Epiphany
Tuesday, 9th	Compline (Night prayer) 7:00 p.m.
Wednesday, 10th	Bible Study resumes 10:00 a.m. on Zoom / Choir practice 7:15 p.m.
Sunday, 14th	Baptism of the Lord / Family Service and 10:00 a.m.
Tuesday, 16th	Compline (Night prayer) 7:00 p.m.
Wednesday, 17th	Bible Study 10:00 a.m. on Zoom / Choir practice 7:15 p.m.
Saturday, 20th	Messy Church: Epiphany Party 11:00 a.m.
Sunday, 21st	Anointing with prayers for healing at both 8:00 and 10:00 a.m.
Tuesday, 23rd	Compline (Night prayer) 7:00 p.m. / Advisory Board Meeting 7:30 p.m.
Wednesday, 24th	Bible Study 10:00 a.m. on Zoom / Choir practice 7:15 p.m.
Saturday, 27th	Epiphany Open House 3:00 – 6:00 p.m.
Sunday, 28th	Special Vestry after the 10:00 a.m. service
Tuesday, 30th	Compline (Night prayer) 7:00 p.m.
February	
Sunday, 4th	Candlemas at 8:00 and 10:00 a.m.
Tuesday, 6th	Compline (Night prayer) 7:00 p.m.
Wednesday, 7th	Bible Study 10:00 a.m. on Zoom / Choir practice 7:15 p.m.
Thursday, 8th	Pre-Vestry Discussion on this year's Social Justice Vestry Motion: Protecting and Advancing the Right to Housing 730 p.m. Zoom link to come.

Tuesday, 13th	Compline (Night prayer) 7:00 p.m.
Wednesday, 14th	Ash Wednesday
Sunday, 18th	Anointing with prayers for healing at both 8:00
	and 10:00 a.m.
Tuesday, 20th	Compline (Night prayer) 7:00 p.m.
Wednesday, 21st	Choir practice 7:15 p.m.
Sunday, 24th	Vestry after the 10:00 a.m. service
Tuesday, 27th	Compline (Night prayer) 7:00 p.m.
Wednesday, 28th	Choir practice 7:15 p.m.

OPEN HOUSE AND NEWCOMERS TOAST AT THE RECTORY

Saturday January 27th from 3:00 p.m. to 6:00 p.m. at the Rectory, 70 George Henry Blvd.

With a special toast to all the newcomers to St. Matthew around 4:30 p.m.

All are welcome!



NOTICE OF SPECIAL VESTRY MEETING

Following the 10:00 a.m. service on Sunday, January 28th.

The topic of this special vestry will be to bring forward a motion for vestry's approval to have a Review Engagement completed of our 2023 financials, in lieu of a full audit.

All who can agree to the following declaration are eligible to participate and vote at meetings of Vestry:

"I solemnly declare that I have been a member of the Anglican Church of Canada and of this congregation for at least three (3) months, that I have attended regularly scheduled services of worship with this congregation at least three (3) times in the past year, that I am of the full age of sixteen (16) years and that I have not voted as a member of any other vestry during the previous three (3) months, nor do I intend to vote in any other vestry during the ensuing year".

Oriole Food Space Donations

Thank you for your generous non-perishable donations through the Reverse Advent Calendar, which has been thankfully received!



Congratulations Valerie Seales, ODT!



Val was honoured with the Order of the Diocese of Toronto on Monday, January 1st at St. James Cathedral.

"Ms. Seales has been nominated by the bishop for 50-plus years of leadership in parish life and the community. A long-time churchwarden, her business sense and kindness have set the tone for inclusivity, joyous celebration, diligent management and prayerful participation in the neighbourhood. In addition to parish leadership, she is a dedicated volunteer with Toronto Caribbean Carnival, the Henry Farm community association, Hibiscus United of Trinidad and Tobago (Canada) and the beloved Los Ketchos Assos parang band as a joyful singer."

We will celebrate with cake and coffee after the 1000 a.m. service on January 28th.

Installation of The Rev. Canon Lisa Newland

The Bishop of Toronto has named our former Incumbent, the Rev'd Lisa Newland, to be an Honorary Canon of St. James' Cathedral. This is in recognition of her service to the wider Diocese of Toronto, in addition to her excellent ministry in the parishes she has served. All are welcome to attend Lisa's Installation as a Canon at St. James' Cathedral on Sunday January 21 at 4:30 p.m.

Five Ways to Give!

1. Pre-Authorized Giving

Ask a Sidesperson for the form

Contact Rev Sherri, or one of the Wardens or Sandra Lumb, our Envelope

Secretary, at treasurer@stmatthew.ca

Also, available from our Website

2. eTransfer

The email for the eTransfer is treasurerstmatt@gmail.com
The question is "What is the Name of Rev. Sherri's dog?" Answer: Toby.

3. Cheque

Mail

Put it in the plate during the service.

Put in the Black Mail box (locked) at the George Henry entrance.

Your weekly/monthly envelope

Make payable to: St. Matthew the Apostle, Oriole Anglican Church

4. Cash

Your weekly/monthly envelope on the plate Put in the Black Mail box (locked) at the George Henry entrance.

5. CanadaHelps

You can give online through our Website or directly at CanadaHelps .



Opportunities to serve!

There are many ministry opportunities open at St. Matthew. We need your help! If you would like to learn more, speak to Rev. Sherri or one of the wardens. The opportunities include but are not limited to...

Sidespeople, Greeters, Live-Streaming Support, Counters, Messy Church, Children and Youth, Hospitality, Altar Guild, Readers, Intercessors, Choir Members and Instrumentalists, and more…



Better Living Health & Community Services is providing FREE exercise classes for seniors!

PARTICIPANTS MUST BE 65+

Join our OHIP-covered exercise programs to boost your fitness, build muscle strength and decrease the risk of falls. Our range of classes at your building is geared towards enhancing your overall functional performance, with strength and balance exercises to elevate your physical well-being. Let's work together towards better health!



WHERE: St. Matthew the Apostle Oriole Anglican Church 80 George Henry Blvd (Fellowship Hall)



WHEN: Tuesdays

1:00PM - Gentle Fitness



GENTLE FITNESS - MODERATE INTENSITY

Exercise class is geared towards building a strong foundation and improve balance, strength and confidence in everyday activities.

Start date: Tuesday February 20th 2024

HOW TO REGISTER

All participants will be required to complete a registration form. Registration forms will be available during the exercise class. For more information please contact us.

CONTACT US





https://mybetterliving.ca/



SRodriguez@betterlivinghealth.org 416 447 7244 ext. 731



PRIEST-IN-CHARGE CONTACT INFORMATION

You may reach the Rev. Sherri by email at

priest-stmatthewtheapostleoriole@toronto.anglican.ca, or by phone at 416-494-7020

ext. 2. Sherri's day off is Monday. In case of pastoral emergencies, please call (416) 880 – 4211.

CHURCH ASSISTANT'S OFFICE HOURS

Tuesday: 9:00 a.m. – 3:00 p.m. Friday: 10:00 a.m. – 4:00 p.m.

NOTE: The office is open to visitors by appointment only.

Please email the office at <u>stmatthewtheapostleoriole@toronto.anglican.ca</u> or <u>office@stmatthew.ca</u> to make an appointment.

Parish Officers

Rector's Warden Valerie Seales Peoples' Warden Steve O'Keefe Rector's Deputy Warden Nigel Jansz

Peoples' Deputy Warden Norma Walker Roberts

Office/Rentals Donna Lam Treasurer/Bookkeeper Sandra Lumb

treasurer@stmatthew.ca

Sidespeople 8:00 Trevor Evans
10:00 Valerie Seales
Music Director/Organist David Braund

Envelope Secretary

David Braund
Sandra Lumb

Synod Representative Margaret Gordon Allen Alternative Synod Member Norma Walker Roberts

Church School TBD

Nursery Director and

Messy Church Facilitator Diane Wilton
Altar Guild Chair Gwynne Barker
Fundraising Bonnie LaRue

Sherry Jansz

Growing Healthy Stewards Chair Delores Lawrence Social Justice & Outreach Anne Creighton Valerie Seales

Margaret Gordon Allen