



St. Matthew
the Apostle, Oriole
Anglican Church

Come. See. Journey.

10:00 A.M.

Third Sunday
after the Epiphany

Sunday, January 21st, 2024

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
office@stmatthew.ca

***"To Seek and Serve
Christ in all persons"***

Priest and Pastor: The Rev. Sherri Golisky
Archdeacon: 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

Holy Eucharist (8:00 a.m.)
Holy Eucharist (10.00 a.m.)

We Livestream our 10:00 a.m. service
on our YouTube channel
at [StMatthew.ca/YouTube](https://www.stmatthew.ca/YouTube)

Third Sunday after the Epiphany

10:00 a.m. 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

Prelude: "Recit de Chromhone" François Couperin

Sentence: The time is fulfilled, and the kingdom of God is at hand;
repent, and believe in the gospel. *Mark 1.15*

Processional Hymn: 383 "Jesus shall reign" DUKE STREET

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**

Celebrant: Almighty God,

All: **to you all hearts are open, all desires known, and from you no secrets are hidden. 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.**

Gloria in Excelsis

Cantor: _____ Glory to God in the highest,

All: 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

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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.

COLLECT OF THE DAY *(please remain standing)*

Celebrant: Let us pray *(a moment of silence is taken)*
Almighty God, by grace alone you call us and accept us in your service. Strengthen us by your Spirit, and make us worthy of your call; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

THE PROCLAMATION OF THE WORD

FIRST LESSON

Reader: A Reading from the Book of Jonah
The word of the Lord came to Jonah a second time, saying, "Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you." So Jonah set out and went to Nineveh, according to the word of the Lord. Now Nineveh was an exceedingly large city, a three days' walk across. Jonah began to go into the city, going a day's walk. And he cried out, "Forty days more, and Nineveh shall be overthrown!" And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth. When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

(Jonah 3:1-5, 10)

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

All: Thanks be to God.

Psalm: 62: 6-14.....Chant: George Martin

Choir: For God alone my soul in | silence | waits; *
 _| truly, ' my | hope is ' in | God.

 God alone is my rock and | my salvation, *
my stronghold, | so that ' I | shall not ' be | shaken.

**All: In God is my | safety ' and my | honour, *
 my strong | rock | and my | refuge.**

**Put your trust in God | always, ' O | people, *
pour out your hearts before the | One who | is your | refuge.**

Choir: Those of high degree are but a | fleeting | breath, *
even those of low | estate can|not be | trusted.

On the scales they are | lighter ' than a | breath, *
—| all of | them together.

**All: Put no trust in extortion;
in robbery take no | empty | pride; *
though wealth increase, | set not ' your | heart up|on it.**

**God has spoken once, | twice ' have I | heard it, *
that | power ' be|longs to | God.**

**±± Steadfast love is | yours, O | Lord, *
for you repay all ac|cording | to their | deeds.**

SECOND LESSON

Reader: A Reading from the First Letter of Paul to the Corinthians
I mean, brothers and sisters, the appointed time has grown short; from now on, let even those who have wives be as though they had none, and those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as though they had no possessions, and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away. *(1 Corinthians 7:29-31)*

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

People: Thanks be to God.

Gradual: 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: Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news." As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea - for they were fishermen. And Jesus said to them, "Follow me and I will make you fish for people." And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him. *(Mark 1:14-20)*

Archdeacon: The Gospel of Christ.

All: Praise to you, Lord Jesus Christ.

Homily: The Rev. Sherri Golisky

The Apostles' Creed

Celebrant: Let us confess the faith of our baptism, as we say,

All: I believe in God, the Father almighty, creator of heaven and earth. 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. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Prayers of the People *(as announced)*

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

Confession and Absolution

Celebrant: Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness.

(silence).

Most merciful God,

All: we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We

have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.

Celebrant: Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord. **Amen.**

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: 430 "Will you come and follow me" KELVIN GROVE

Prayer Over the Gifts *(please stand)*

Celebrant: Loving God, before the world began you called us. Make holy all we offer you this day, and strengthen us in that calling. We ask this in the name of Jesus Christ the Lord. **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. ~~you have created all things. By the power of the Holy Spirit he took flesh of the Virgin Mary and shared our~~

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human nature. He lived and died as one of us, to reconcile us to you, the God and Father of all. In fulfillment of your will he stretched out his hands in suffering, to bring release to those who place their hope in you; and so he won for you a holy people. He chose to bear our griefs and sorrows, and to give up his life on the cross, that he might shatter the chains of evil and death, and the Virgin Mary and shared our human nature. He lived and died as one of us, to reconcile us to you, the God and Father of all. In fulfillment of your will he stretched out his hands in suffering, to bring release to those who place their hope in you; and banish the darkness of sin and despair. By his resurrection he brings us into the light of your presence. Now with all creation 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, Hosanna in the highest.**

Celebrant: 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**

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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 ~~sons and daughters~~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.**

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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: We break the bread of life, and that life is the light of the world

All: God here among us, light in the midst of us, bring us to light and life.

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.

Anointing: *If you wish to receive anointing for healing, please approach the anointer prior to receiving Holy Communion.*

Communion Hymns: 453 "Living Lord of Love's dominion"PLEADING SAVIOUR

Motet: "How bright appears the morning star"Harm. J. S. Bach

Prayer after Communion *(Please stand)*

Celebrant: Gracious God, our hands have taken holy things; our lives have been nourished by the body of your Son. May we who have eaten at this holy table be strengthened for service in your world. We ask this in the name of Jesus Christ the Lord. **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

Recessional Hymn: 379 "Rejoice, the Lord is King!"DARWALL

DISMISSAL

Archdeacon: Followers of Jesus: inspired by the Holy Spirit... Go and serve the world
God loves

All: Thanks be to God.

Postlude: "Plein jeu. Fugue sur la Trompette"François Couperin

Next Week's Readings ~ Fourth Sunday after the Epiphany

Deuteronomy 18:15-20

Psalms 111; 1

Corinthians 8:1-13

Mark 1:21-28

CYCLE OF PRAYER

Anglican Communion: The Church of South India (United)
Anglican Church of Canada: The Rev. Dr. Eileen Scully, Director,
and the staff of Faith, Worship, and Ministry
Diocese: Canadian Council of Churches
Deanery: Flemingdon Park Ministry
Parish: Families of Djorjee, Goodrich-Dyer & Edmonds

ASSISTING TODAY

Sidespersons:	The Elan Seales Team
Readers:	Bonnie LaRue, Bruce LaRue
Intercessor:	Cliff Wong
Chalice:	Janice Sanders
Altar Guild:	Joy Walker
Livestreaming	Robbie Roberts

Liturgical texts:

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Jonah 3:1-5, 10

Jonah is one of the shortest books of the Hebrew Bible. You can read it aloud to yourself in about 10 minutes. It is one of the collect known as the Tri Asar, the Twelve--short books associated with various prophetic figures from the eighth through the fourth centuries BCE. Jonah is the only book that is primarily about a prophet, rather than

being mostly the oracles and visions of a prophet. Most scholars think it is a fairly late book, though it refers to a prophet named in 2 Kings. The book tells of a man who was summoned by God to go to Nineveh—the centre of the greatest and most cruel, empire of the ancient world, and to cry out against its evil. Jonah runs, taking a ship the other direction. When a great storm comes us, the sailors cast lots to find out who has caused it. Jonah confesses what he has done, and tells them to throw him into the sea. God sends a great fish (the Hebrew doesn't use a special name for the fish). It swallows Jonah. In the belly of the fish for three days and nights, Jonah sings a thanksgiving psalm (ch 2-- compare Pss 30, 40) in praise of God for delivering him. The fish spits him onto the land. Now Jonah reveals how indigestible he really is. He goes to Nineveh, walks to the centre of the city and proclaims that in forty days the city will be destroyed. The people take him serious and the entire city from king down to the domestic animals fast and put on sackcloth. They change their ways and pray that God will deliver them. And God does not destroy the city because of their repentance. We hear in the final chapter of the book how this enrages Jonah, who goes outside the city to sulk. God sends a Qiqayon bush or plant to shelter him from the sun's heat. (Perhaps a castor bean plant, scholars aren't sure). This makes Jonah happy. But the plant dies overnight, and Jonah is once again angry, so angry that he wants to die. In the final conversation, God asks Jonah why if he cares about the bush so much, God should not care about the people of Nineveh, even though they have no understanding of ethics or morality (not knowing right from left hand), and also the animals. Because of the book's themes about repentance and God's willingness to forgive, and patience with all creation, in Judaism the entire book is read aloud on Yom Kippur, the Day of Repentance. In the gospels Jesus alludes to Jonah's three days in the belly of the great fish as a sign of his own resurrection, and on the cross, Jesus utters the opening line of Psalm 22, a great complaint psalm that ends with an extended thanksgiving psalm, which may also be a reference to Jonah's thanksgiving psalm in the midst of his suffering.

[Dr. Walter Deller/2024]

Parish News

TUESDAY COMPLINE ~ January 23rd 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.

BIBLE STUDY ~ Wednesday, January 24th 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=43J5o5pb1c8wT4lcNM4GeiOn6R6cFd.1>

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 7:30 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 background, as we prepare to vote on this motion at our parish vestry meeting at the end of February. Zoom link to come.



MESSY CHURCH: Saturday, February 10th at 11:00 a.m. Join us for our "Getting Ready for Lent and Pancake Party." Expect Pancakes, Bible story, burning of last year's palm crosses, crafts and songs. Please register by the Tuesday, February 6th at office@stmatthew.ca. Adults must remain with children.

ASH WEDNESDAY ~ February, 14th at 7:30 p.m. Sung Eucharist with Imposition of Ashes. For those who wish a day-time service, we have been warmly welcomed by our neighbouring church **Advent Lutheran (2800 Don Mills Rd) for an 11:00 a.m. service.**

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 priest-stmatthewtheapostleoriele@toronto.anglican.ca or by phone at 416-494-7020 ext. 201

PLEASE NOTE: 2024 OFFERTORY ENVELOPES...

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

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!

Parish Calendar	
January 2024	
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: Getting Ready for Lent and Pancake 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 / Followed by Celebratory Cake in honour of Val Seales, ODT

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 7:30 p.m. Zoom link to come.
Saturday, 10th	Messy Church Pancake Party 11:00 a.m.
Sunday, 11th	Pancakes following the 10:00 a.m. service
Tuesday, 13th	Compline (Night prayer) 7:00 p.m.
Wednesday, 14th	Ash Wednesday Service 7:30 p.m. Sung Eucharist with Imposition of Ashes.
Sunday, 18th	Anointing with prayers for healing at both 8:00 and 10:00 a.m.
Tuesday, 20th	Better Living Seniors' Gentle Fit 1:00 P.M. / Compline (Night prayer) 7:00 p.m.
Wednesday, 21st	Choir practice 7:15 p.m.
Sunday, 24th	***Annual 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.

**Annual Vestry
Reports**

Please have your reports submitted to the office no later than Tuesday, February 6th, 2023.

Angel Trunk Socks Donations

Please put new adult socks in the Angel Trunk in the Narthex. They will once again be donated to patients in need at St. John's Rehab Hospital on Cummer Ave. Some patients arrive from a house fire or traffic accident and need new socks/underwear. The Hospital

Chaplain, Rev. Canon Joanne Davies said that "Donations often go out for patient's needs as fast as we receive them."

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...

Important Notice

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".

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 this Sunday, January 21st at 4:30 p.m.

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 10:00 a.m. service on January 28th.

COVID-19 TEST KITS

St Matthew has a large number of COVID test kits (given to us by Flemingdon Community Health Centre) that are *good through March*. Please take what you and your family could use from the bin near the Narthex doors.

(Test kits are for sale online for \$30 or more, but we don't want to encourage resellers!!)



**STAY HEALTHY.
STAY ACTIVE.
Together.**

**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

 1 Overland Dr, North York, ON M3C 2C3

Six 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. **Charitable Donation of Securities, Stocks or Mutual funds**

A convenient and beneficial way to donate publicly held stocks or mutual funds to St Matthew which allows the contributor an effective way to minimize capital gains tax on the security and still get a full charitable tax credit for the contribution. Please speak to a warden for more information.

6. **CanadaHelps**

You can give online through our [Website](#) or directly at CanadaHelps

PRIEST-IN-CHARGE CONTACT INFORMATION

You may reach the Rev. Sherri by email at priest-stmatthewtheapostleorion@toronto.anglican.ca, or by phone at 416-494-7020 ext. 2. Rev. 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 stmatthewtheapostleorion@toronto.anglican.ca or office@stmatthew.ca 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 <i>treasurer@stmatthew.ca</i>
Sidespeople 8:00	Trevor Evans
10:00	Valerie Seales
Music Director/Organist	David Braund
Envelope Secretary	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
Hospitality	Valerie Seales
	Margaret Gordon Allen