

RECEIVING THE BREAD AND CUP BY INTINCTION AND KNEELING *All are invited to receive Holy Communion. Ushers will guide you.*

COMMUNION MUSIC (URWB) *Please join in singing the hymn as we receive the elements.*

HYMN 394 Ubi Caritas UBI CARITAS (TAIZÉ)

HYMN 149 Your Song of Love SONG OF LOVE

PRAYER AFTER RECEIVING

Eternal God, we give you thanks for this holy mystery in which you have given yourself to us. May we be transformed into your image. Grant that we may go into the world in the strength of your Spirit, to give ourselves for others, in the name of Jesus Christ our Lord. Amen.

* BLESSING AND SENDING FORTH

Want to know more about Following Jesus and Serving Others? To make Canterbury your home church, contact Rev. Tori Hastings at 868-6580 or tori.hastings@canterburyumc.org.

For Week of January 22, 2017

Stop Hunger Now February 12-14

1 Container + 2 Churches + 3 Days = 300,000 Children Fed

Over the past seven years, more than 2,625,000 meals have been packed in Canterbury Hall for Stop Hunger Now. Canterbury has introduced this important ministry to many other churches across the city -- including Vestavia UMC, St. Stephens Episcopal, and Trinity UMC -- that now host their own packing events. We hope you will come be a part of this year's fun as we team up with our partner church St. Luke's Episcopal to fill an entire shipping container to feed 300,000 children. Check out Canterbury's Website and emails this week for your chance to sign up for this year's big event, or register today.

Learning Legacy Series

Birmingham Boys Choir
Noon, January 24

Join us on Tuesday, January 24 at noon in Canterbury Hall for the Birmingham Boys Choir. Through their many public performances, the BBC brings a unique musical experience to local, national and even international audiences at an excellent level of choral performance. You will be amazed at the talent and quality that these young men bring to the stage. You will not want to miss this star performance. Tickets are \$5 and you can register before January 19 by calling 874-1534.

Check out our website for a full schedule of the Learning Legacy Series.

Special Announcements

Thanksgiving for the Life of
William (Bill) Moss.....January 15, 2017
Suzanne Stanbury.....January 18, 2017

In the Hospital (as of January 19)
Carolyn Long.....Brookwood



NEW TRADITIONS

JANUARY 22, 2017

THE THIRD SUNDAY AFTER THE EPIPHANY

PREACHING — THE REVEREND DREW CLAYTON

LITURGIST — THE REVEREND WARREN NASH

CHOIRMASTER AND ORGANIST — DOCTOR LESTER SEIGEL

CHOOSE HOLY HABITS

“Let us hold fast to the confession of our hope without wavering, for he who has promised is faithful. And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.” (Hebrews 10:23-25, NRSV)

Some people call them routines while others call them ruts. Some people call them habits while other people claim their predictable behavior as merely a reflection of their personality. Whatever we call them, those behaviors that we repeat over and over again—often unconsciously—began as a choice that we made. Habits result from the following:

- 1) There is some cue that prompts you to respond.
- 2) You respond to the cue in a variety of ways to determine the best response.
- 3) The way that you respond that yields the greatest reward, either actual or perceived, reinforces your behavioral response so that it may become a habit.

Think of a habit that you have. It could be something positive or negative that you do routinely (i.e., exercising, smoking, etc.) Run it through this framework and see if you can trace the habit back to the original cue.

Routines or habits reduce the number of decisions we have to make, thereby freeing up our thought processes for other tasks. Most of us are oblivious to many of our routines. Consider the number of times you've stopped in the middle of the day trying to remember whether or not you put deodorant on earlier that morning? You can't remember doing it!

Spiritual disciplines may appear to be nothing more than habits. If you have a daily devotional or if you pray with your children or grandchildren before bedtime, although those behaviors seem to be habits because you repeat them with regularity, the consciousness and attentiveness you bring to the task are vital. I would consider these faithful acts as “holy habits.”

The importance of holy habits is that they help retrain our affections so that we desire the things that God desires for us. By consciously attending to personal prayer or Bible study, we discover anew the joy of being in communion with God and learning more about God. We are rewarded with the fullness that comes from being in the presence of God by faithfully attending in worship. If you forgot whether you prayed or not this morning, it's a habit and not a holy habit or spiritual discipline!

The writer of Hebrews reminds us to, “Encourage one another in the holy habits that help us prepare to live more holy lives—including anything that provokes us to love God and one another more deeply.” (Loosely paraphrased from above!)

A handwritten signature in black ink that reads "Dale R. Cohen".

Dale Cohen, Senior Pastor



ORDER OF MORNING WORSHIP

*Congregation Please Stand

URWB - Upper Room Worship Book UMH - United Methodist Hymnal
Words in bold type are spoken or sung by the congregation.

WELCOME AND WORSHIP WORDS

* HYMN 184 (URWB)

When Morning Gilds the Skies

LAUDES DOMINI

COLLECT

The Lord be with you. And also with you. Let us pray.

Lord God, Maker of heaven and earth, we gather together in your name. We come as living sacrifices to offer you our worship and thanksgiving, our praise and our prayers. Come among us, living Lord. Through the power of your Holy Spirit, transform our hearts and minds so that we may recognize your presence, hear your voice, know your will, and walk in your way. We ask this in the name of Jesus Christ, our Lord and Savior. Amen.

GLORIA IN EXCELSIS

All f
Glo - ry to God in the high - est! Sing glo - ry to God! _____
Glo - ry to God in the high - est, and peace to God's peo - ple on earth! _____

PSALTER READING

Psalm 27: 1, 4 - 9

EPISTLE LESSON

The Word of God for the people of God. Thanks be to God.

Romans 12: 1 - 13

SERMON

Rev. Dale Cohen

RESPONSE TO THE WORD 204 (URWB)

Lord, Whose Love Through Humble Service

BEACH SPRING

PRAYER OF CONFESSION

God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.

ALL PRAY IN SILENCE

KYRIE 482 (UMH)

Lord, have mercy. Lord, have mercy. Christ, have mercy. Christ, have mercy. Lord, have mercy. Lord, have mercy.

WORDS OF PARDON

In the name of Jesus Christ, we are a forgiven people. Glory to God!
Alleluia! Amen.

* THE PEACE

The peace of the Lord Jesus Christ be with you. And also with you.

Sha - lom, Sha - lom, the peace of God be here. Sha - lom, sha - lom, God's jus - tice be ev - er near.

PRAYERS OF THE PEOPLE

Lord in your mercy... hear our prayer.

GIVING OUR TITHES AND OFFERINGS

To Everything There is a Season

Lester Seigel

To everything there is a season, and a time for every purpose under heaven:
A time to be born, a time to die; a time to sow, a time to reap;
A time to kill, a time to heal, to tear down, and build up.
A time to weep, a time to laugh, a time to mourn and a time to dance;
A time to seek, and a time to lose; a time to keep, and a time to cast away.
A time to rend, a time to sew; time to keep silence, a time to speak;
A time to love, and a time to hate; a time for war, and a time for peace.
(Ecclesiastes 3: 1-4, 6-8)

* WESLEY'S GRACE & DOXOLOGY

OLD 100TH

Be present at our table, Lord;
be here and everywhere adored;
Thy creatures bless, and grant that we
may feast in paradise with Thee.

Praise God from whom all blessings flow;
praise Him, all creatures here below;
praise Him above ye heavenly hosts,
praise Father, Son, and Holy Ghost. Amen.

THE GREAT THANKSGIVING 37-40 (URWB)

SANCTUS

Ho - ly, Ho - ly, Ho - ly Lord, God of po - wer and might: hea - ven and earth are full, are
full of Your glo - ry. O__ Bless - ed is he who comes in the Name of the Lord. Ho
san - na in the high - est! Ho - san - na! Ho - san - na in _____ the high - est!

THE MEMORIAL ACCLAMATION

Christ has died, _____ Christ is ris - sen, Christ _____ will come a - gain!

AMEN

A - men, _____ A - men, _____ A - - - - - men.

THE LORD'S PRAYER 454 (URWB, chanted)

FRACTION ANTHEM 413 (URWB)

Agnus Dei

BELL AGNUS