

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.

Oliver Clark Center for Theological Studies

Sessions Begin This Sunday

The Oliver Clark Center for Theological Studies (formerly Canterbury Academy) provides an excellent opportunity to grow in your understanding of the Bible and God's work in history. Join us at 5 p.m. on Sundays this Spring in the Aldersgate Classroom (M227).

- Methods of Biblical Interpretation (January 22-March 12)
- Church History 101 (March 19-May 14)

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



Traditional Worship

JANUARY 22, 2017

THE THIRD SUNDAY AFTER THE EPIPHANY

PREACHING — REV. DREW CLAYTON

LITURGIST — REV. WARREN NASH

CHOIRMASTER AND ORGANIST — DR. 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!)

Dale R. Cohen
 Dale Cohen, Senior Pastor

WELCOME CHILDREN! —Parents, make sure your children get a worship activity pack in the Narthex entrance area. The Children's Comfort Room is also adjacent to the Narthex.



Hearing assist devices and large print hymnals available — ask an usher for help.



FOLLOW *Jesus*...
SERVE OTHERS...

Order of Morning Worship

*Congregation Please Stand

Words in bold type are spoken or sung by the congregation.

Voluntary Two Songs Without Words, from Op. 19 Felix Mendelssohn

Welcome and Parish Notices

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.

* Processional Hymn 73 O Worship the King LYONS

* Affirmation of Faith The Apostle's Creed

I believe in God the Father Almighty, maker of heaven and earth; and in Jesus Christ His only Son our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried; the third day He rose from the dead; He ascended into heaven, and sitteth at the right hand of God the Father Almighty; from thence He shall come to judge the quick 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.

* Gloria Patri MEINEKE

Glory be to the Father and to the Son and to the Holy Ghost; as it was in the beginning, is now and ever shall be, world without end. Amen. Amen.

* Passing of the Peace *The Peace of the Lord be with you, and also with You.*

Infant Baptism Charles Joseph Preston *see insert*

Children's Moment Carrie Ward

Call to Prayer Sweet Hour of Prayer arr. from Bradbury

Sweet hour of prayer! Sweet hour of prayer, thy wings shall my petition bear to him whose truth and faithfulness engage the waiting soul to bless. And since he bids me seek his face, believe his word, and trust his grace, I'll cast on him my every care, and wait for thee, sweet hour of prayer.

Pastoral Prayer and Lord's Prayer

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, forever. Amen.

Our Gifts and Music

Offertory Anthem 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)

* Doxology OLD 100TH

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.

* Hymn of Preparation 399 Take My Life, and Let It Be HENDON

Epistle Lesson Romans 12: 1 - 13

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

Sermon Rev. Drew Clayton

* Hymn of Commitment 578 God of Love and God of Power UNSER HERRSCHER

* Dismissal & Blessing

* Recessional Prayer Ted Clark, cantor

Grant, O Lord, we pray, that the words we have said and sung this day may be so grafted and guarded in our hearts, that our lives may bring forth good fruits, and our lips shall show forth Thy praise, to the honor and glory of Thy holy Name, through Jesus Christ our Lord. Amen.

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.