

THE ANGLICAN PARISH OF
ST MICHAEL AND ALL ANGELS
CHRISTCHURCH



The Fifth Sunday in Ordinary Time
8 February 2026

Letter from Fr Robert...

Faithful Presence

Dear friends,

As we gather at the Lord's Table, the Scriptures appointed for today invite us to rejoice in a faith that is lived, shared, and made visible in love.

Through the prophet Isaiah, God calls his people to a devotion that goes beyond outward observance. True fasting, the Lord tells us, is demonstrated by loosening the bonds of injustice, feeding the hungry, sheltering the poor, and honouring the dignity of every person. When worship transforms into mercy, "your light shall break forth like the dawn." This is a joyful promise: lives shaped by compassion become radiant with God's own healing presence.

Saint Paul reminds us that the core of our faith is not articulate speech or human strength, but Jesus Christ crucified. Paul approaches with humility, trusting not in eloquence but in the power of the Holy Spirit. In this, we find encouragement. God takes pleasure in working through ordinary people who depend on him, revealing wisdom that the world cannot understand, a wisdom freely bestowed on those who love him.

In the Gospel, our Lord declares that his disciples are the salt of the earth and the light of the world. In the ancient Mediterranean world, salt had several symbolic meanings. Preservation, flavouring, and as a fertiliser are the most commonly recognised functions. Texts also link salt with covenant fidelity. "All the offerings of the holy things offered to the Lord, I have given to you, as a perpetual ordinance. It is a covenant of salt forever before the Lord for you and for your descendants (Numbers 18:19)." Therefore, many scholars suggest that Matthew's audience would have understood the 'salt' metaphor as a call to faithful presence rather than merely cultural or political influence.

Strengthened by Word and Sacrament, may we walk joyfully in Christ's way, humble in spirit, generous in mercy.

Peace be with you.

FR. ROBERT

The Fifth Sunday in Ordinary Time

8 February 2026

Celebrant 8.00 am: Fr Peter Beck

Celebrant 10.00 am: Fr Robert Jamieson

Organ: Daniel Cooper

Sidespeople: Kathleen Campbell, Robert MacLagan

Opening Voluntary: Intermezzo from Sonata no. 4 in A Minor J Rheinberger

Mass Setting: Mass of St Cedd Peter Nardone

Introit Hymn: Where mountains rise to open skies
(words Shirley Murray, music Vernon Griffiths)

Where mountains rise to open skies
your name, O God, is echoed far,
from island beach to kauri's reach,
in water's light, in lake and star.

From broken word, from conflict stirred,
from lack of vision, set us free
to see the line of your design,
to feel creation's energy.

Your people's heart, your people's part
be in our caring for this land:
for faith to flower, for aroha
to let each other's mana stand.

Your love be known, compassion shown,
that every child have equal scope:
in justice done, in trust begun
shall be our heritage and hope.

Where mountains rise to open skies
your way of peace distil the air,
your spirit bind all humankind,
one covenant of life to share!

Greeting:

Ki te ingoa o te ✠ Matua, me te Tamaiti, me te Wairua Tapu. Āmine.
(In the name of the ✠ Father, and of the Son, and of the Holy Spirit. Amen.)

The Lord be with you. **The Lord bless you.**

The Mass of the day is introduced and the people are invited to call to mind their sins.

God has promised forgiveness to all who truly repent, turn to Christ in faith and are themselves forgiving.

In silence we call to mind our sins.

**Merciful God,
we have sinned in what we have thought and said,
in the wrong we have done,
and in the good we have not done.**

**We have sinned in ignorance:
we have sinned in weakness:
we have sinned through our own deliberate fault.
We are truly sorry.
We repent and turn to you.
Forgive us, for our Saviour Christ's sake,
and renew our lives to the glory of your name. Amen.**

(Sung)
**Kyrie, eleison. Kyrie, eleison.
Christe, eleison. Christe, eleison.
Kyrie, eleison. Kyrie, eleison.**

Through the cross of Christ, ✠ God have mercy on you, pardon you, and set you free. Know that you are forgiven and be at peace. God strengthen you in all goodness and keep you in life eternal. **Amen.**

(Sung)
**Glory to God in the highest,
and peace to God's 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.**

Let us pray.

God of the southern sea and of these islands, of Maori, Pakeha and of all who dwell in our land, inspire in us a love of peace and a zeal for justice, that we may use our liberty in accordance with your will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

First Reading: (*sit*)

Isaiah 58:1-12

Rachel Watson

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. 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 want God on their side.

“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. 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. 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?

Is not this the fast that I choose: to loose the bonds of injustice, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? 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? 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. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, “Here I am.”

If you remove the yoke from among you, the pointing of the finger, the speaking of evil, 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. 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.

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 the Church. **Thanks be to God.**

Responsorial Psalm:

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R. Blessed are those who fear the Lord, and greatly delight in God’s commandments.

They are a light in the darkness for the upright, being gracious, compassionate and just. It goes well with those who are generous in lending, who conduct their affairs with justice. **R.**

For the righteous will never be shaken, they will be kept in remembrance for ever. They will not live in fear of bad news because with steadfast heart they trust in the Lord. **R.**

Their heart is steady, they will not fear; in the end they shall see their enemies’ downfall. They give freely to the poor, their righteousness stands for ever and they will hold up their head with honour. **R.**

When I came to you, brothers and sisters, I did not come proclaiming the testimony of God to you with superior speech or wisdom. For I decided to know nothing among you except Jesus Christ and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were made not with persuasive words of wisdom but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

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 being destroyed. But we speak God's wisdom, a hidden mystery, which God decreed before the ages for our glory and which none of the rulers of this age understood, for if they had, they would not have crucified the Lord of glory. 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" — God has revealed to us through the Spirit, for the Spirit searches everything, even the depths of God. For what human 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. 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.

Hear what the Spirit is saying to the Church. **Thanks be to God.**

Gospel Acclamation: (*stand*)

Alleluia, alleluia, alleluia. I am the light of the world, says the Lord; whoever follows me will have the light of life. **Alleluia, alleluia, alleluia.**

The Lord be with you

The Lord bless you

A reading from the Holy Gospel according to Matthew

Praise and Glory to God

Gospel:

Matthew 5:13-20

Fr Peter Beck

"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 under foot. "You are the light of the world. A city built on a hill cannot be hid. People do not light a lamp and put it under the bushel basket; rather, they put it on the lampstand, and it gives light to all in the house. 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. "Do not think that I have come to abolish the Law or the Prophets; I have come not to abolish but to fulfill. 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. 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. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

This is the Gospel of Christ. **Praise to Christ the Word.**

Sermon:

Fr Peter Beck

Affirmation of Faith:

(Stand)

**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, *(all genuflect or bow)*
was incarnate of the Holy Spirit and the Virgin Mary,
and became fully human. *(stand)***

**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,
who in unity with the Father and the Son
is worshipped and glorified,
and 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.**

Intercessions: Marla Hughes

Rest ✕ eternal grant unto them, O Lord:

And let light perpetual shine upon them.

May they rest in peace and rise in glory. **Amen.**

**Hail Mary, full of grace; the Lord is with you,
blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.**

The Peace

The peace of Christ be always with you. **And also with you.**

At the Peace all may exchange a non physical greeting with those near them.

E te whanau, we are the body of Christ.

By one spirit we were baptised into one body.

Keep the unity of the Spirit in the bond of peace:

Amen. We are bound by the love of Christ.

Offertory: Gloria Moyle, Sue Shannons

The Preparation of the Gifts

Blessed are you, Lord God of all creation.

Through your goodness we have this bread to offer,
which earth has given and human hands have made.

It will become for us the bread of life. **Blessed be God for ever.**

By the mystery of this water and wine may we come to share
in the divinity of Christ, who humbled himself to share in our humanity.

Blessed are you, Lord God of all creation.

Through your goodness we have this wine to offer,
fruit of the vine and work of human hands.

It will become our spiritual drink. **Blessed be God for ever.**

Offertory Hymn: 390

Jesus, where'er thy people meet,
There they behold thy mercy-seat;
Where'er they seek thee, thou art found,
And every place is hallowed ground.

Dear Shepherd of thy chosen few,
Thy former mercies here renew;
Here to our waiting hearts proclaim
The sweetness of thy saving name.

For thou, within no walls confined,
Inhabitest the humble mind;
Such ever bring thee where they come,
And going, take thee to their home.

Here may we prove the power of prayer,
To strengthen faith and sweeten care;
To teach our faint desires to rise,
And bring all heaven before our eyes.

Lord, we are few, but thou art near;
Nor short thine arm, nor deaf thine ear;
O rend the heavens, come quickly down,
And make a thousand hearts thine own!

Pray, sisters and brothers,
that our sacrifice may be acceptable to God, the almighty One.

**May the Lord receive the sacrifice at your hands,
for the praise and glory of his name,
for our good, and the good of all his Church.**

Lord God, you have provided food and drink to sustain our earthly life; grant, we pray,
that this bread and wine may become the sacrament that gives eternal life. We ask this
through Jesus Christ our Lord. **Amen.**

The Great Thanksgiving

The Lord is here.

Lift up your hearts.

Let us give thanks to the Lord our God.

God's Spirit is with us.

We lift them to the Lord.

It is right to offer thanks and praise.

It is right indeed, it is our joy and our salvation, holy Lord, almighty Father, everlasting
God, at all times and in all places to give you thanks and praise through Christ your only
Son.

You are the source of all life and goodness; through your eternal Word you have
created all things from the beginning and formed us in your own image; male and
female you created us.

When we sinned and turned away you called us back to yourself and gave your Son to share our human nature. By his death on the cross, he made the one perfect sacrifice for the sin of the world and freed us from the bondage of sin.

You raised him to life triumphant over death; you exalted him in glory. In him you have made us a holy people by sending upon us your holy and lifegiving Spirit.

Therefore with the faithful who rest in him, with angels and archangels and all the company of heaven, we proclaim your great and glorious name, for ever praising you and singing.....

**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.**

All glory and thanksgiving to you, holy Father. Send your Holy Spirit, that these gifts of bread and wine which we receive may be to us the body and blood of Christ, and that we, filled with the Spirit's grace and power, may be renewed for the service of your kingdom.

On the night before he died, your Son Jesus Christ took bread; when he had given you thanks, he broke it, gave it to his disciples, and said: Take, eat, this is my body which is given for you; do this to remember me.

After supper he took the cup; when he had given you thanks, he gave it to them, and said: Drink this, all of you, for this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins; do this as often as you drink it, to remember me.

Let us proclaim the mystery of faith:

**Glory to you, Lord Christ: your death we show forth;
your resurrection we proclaim; your coming we await.
Amen! Come, Lord Jesus.**

Therefore, loving God, recalling your great goodness to us in Christ, his suffering and death, his resurrection and ascension, and looking for his coming in glory, we celebrate our redemption with this bread of life and this cup of salvation. Accept our sacrifice of praise and thanksgiving which we offer through Christ, our great high priest.

United in Christ with all who stand before you in earth and heaven, we worship you, O God, in songs of everlasting praise:

**Blessing, honour and glory be yours,
here and everywhere, now and for ever. Amen.**

As Christ teaches us we pray:

**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.**

Kua ākona nei tātou e tō tātou Ariki,
ka ĭnoi tatou:

E tō mātou Matua i te rangi
Kia tapu tōu Ingoa.
Kia tae mai tōu rangatiratanga.
Kia meatia tau e pai ai,
ki runga ki te whenua,
kia rite anō ki tō te rangi.
Hōmai ki a mātou āiane
he taro mā mātou mō tēnei rā.
Murua ō mātou hara,
Me mātou hoki e muru nei
i ō te hunga e hara ana ki a mātou.
Aua hoki mātou e kawea kia whakawaia;
Engari whakaoranga mātou i te kino:
Nōu hoki te rangatiratanga, te kaha,
me te korōria,
Āke ake ake. Āmine

Eucharistic Ministers: Rachel Watson, Jane Evans

We break this bread to share in the body of Christ.
We who are many are one body, for we all share the one bread.

(Sung)

**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.**

Praise the love of God, the wonders of the Lord, who satisfies the hungry and feeds the starving soul.

This is the Lamb of God, who takes away the sin of the world.
Happy are we who are called to his supper.

**Lord, I am not worthy to receive you,
but only say the word and I shall be healed.**

All baptised Christians are welcome to receive Communion, leave your seat by the side aisle and come down the central aisle. To receive the Sacrament please cup your hands and the Priest will place it on your palm. Gluten free wafers are available, please ask.

Anthem: Teach me, O Lord, the way of thy statutes: and I shall keep it unto the end.
Thomas Attwood

Communion Hymn: 302

O thou, who at thy Eucharist didst pray
That all thy Church might be for ever one,
Grant us at every Eucharist to say
With longing heart and soul,
'Thy will be done.'
Oh, may we all one Bread,
one Body be,
One through this Sacrament of unity.

For all thy Church, O Lord, we intercede;
Make thou our sad divisions
soon to cease;
Draw us the nearer each to each,
we plead,
By drawing all to thee, O Prince of Peace:
Thus may we all one Bread, one Body be,
One through this Sacrament of unity.

So, Lord, at length when sacraments shall cease,
May we be one with all thy church above,
One with thy saints in one unbroken peace,
One with thy saints in one unbounded love:
More blessed still, in peace and love to be
One with the Trinity in Unity.

Let us pray.

Merciful God, you have invited us to share in the one bread and the one cup. Enable us to live as one in Christ and to labour gladly for the salvation of all. Grant this in the name of Jesus, the Lord. **Amen.**

Notices

Blessing:

The Lord be with you. **The Lord bless you.**

The peace of God which passes all understanding keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord and may the blessing of God almighty, ✠ Father, Son, and Holy Spirit, be with you and remain with you always.
Amen.

The Mass is ended. Go now to love and serve the Lord. Go in peace.

Amen. We go in the name of Christ.

Final Hymn:**New Zealand National Anthem**

E Ihoa Atua,
o nga Iwi Matoura,
ata whakarongona;
me aroha noa.
Kia hua ko te pai;
kia tau to atawhai;
manaakitia mai
Aotearoa.

God of nations, at thy feet,
in the bonds of love we meet;
hear our voices we entreat,
God defend our free land!
Guard Pacific's triple star
from the shafts of strife and war,
make her praises heard afar;
God defend New Zealand!

Final Voluntary:**Prelude in D Minor****F Mendelssohn****7.00 pm****Evensong and Benediction****Please pray for...****The Sick:**

Margaret Wallis, Fr Geoff Paterson, Jo Burnside, Ann Jinman, Terry & Betsy McKay.

Charles Barltrop, Claire & John Preston, Lois Peters, Denis Coulter, Betty Mechen, Suzanne Keys, Ghislaine Brewer-Quirke, Lesta Smithson, Pamela Hindin-Whitewood, John Bertken, Peter Easterbrook, Anne Fenton, David & Sandra, Philip Souter, Deb Smith, Andrew Lawson, Ashley Forman.

Anniversaries:

(Sun) Peggy White

(Tues) Edward Moyle

(Thurs) Watkin Kerr, Douglas Hutcheson

NOTICES

THIS WEEK

Meditation Group—Wednesday 12.00 noon in the church. Contact: Therese Aitchison 0212516282.

Bible Study—Thursday 11.00 am, Parish Lounge

Pray the Rosary—Thursday 12.00 noon.

Inasmuch Basket—please continue to donate staple household groceries to support the work of the **City Mission**.

Advance Notice for the Women's Group

The first meeting of the Women's Group for 2026 will be held in the Parish Lounge on Tuesday, 17 February. We will begin with prayer at 10.30am. As our meeting is the day before Ash Wednesday (the beginning of Lent), the theme for our meeting is Towards Lent and Easter. Please bring to share a short reading, a prayer, poem or reflection on Lent and/or Easter as we move into these weeks of the Church Year. All women welcome.

We will continue to support the work of Walsh House, the Women's Day programme run by the City Mission; Walsh House needs at the moment are: socks, small size undies,

Ash Wednesday Services

There will be two services being offered for Ash Wednesday. Our usual 12.35 Mass and an evening Mass at 7pm. Please join us as we begin Lent this year.

In the Spirit of Lent— Year A - Lent Study 2026

In the Spirit of Lent—Year A is the second in the Theology House series of Lent studies that follow the Lectionary's Gospel readings for the six weeks of Lent. (Ash Wednesday is 18 February 2026.) For each week there is a written reflection by Theology House director Gareth Bezett and a visual reflection by the Reverend Sarah West from the Diocese of Auckland. Study begins Thursday 19 February. Fr Robert will be running a group at 11am and Fr Jordan at 6pm. Please let Fr Robert know if you will be attending and which group so that we can order copies of the study.

175th Anniversary School Alumni Event 2026

The school is delighted to invite you to the first official event marking this milestone year.

A celebration to commence our anniversary year will be held at 9.30 am on Saturday, 21 February 2026, at St Michael's School. The morning will include school and church tours, led by our current pupils, followed by a morning tea in the school hall — a wonderful opportunity to reconnect with past pupils, colleagues, and friends. To help us with planning, could you please indicate your interest in attending this function by emailing stmichaels175@gmail.com.

We look forward to celebrating 175 years of St Michael's School with you and sharing in the memories, connections, and community spirit that make our school so special. Courtney Holmes, 175th School Committee.

NEXT WEEK**The Sixth Sunday in Ordinary Time****15 February 2026**

8:00 am Mass	Celebrant: Fr Robert Jamieson	Server: Robert Calvert-Griffin
10.00 am Mass	Celebrant: Fr Jordan Greatbatch	
	Preacher: Marla Hughes	
Servers:	SD: Jenny Daniels	MC: Lawrence Watson
	Th: Michael Graveston	Cr: Callum Robertson
	Ac: Thomas Visakan, Sung Bae	
First Reading:	Jenny Daniels	Deuteronomy 30:15-20
Second Reading:	Sue Shannons	1 Corinthians 3:1-9
Gospel:	Fr Robert Jamieson	Matthew 5:21-37
Eucharist Ministers:	Jenny Daniels, Carol Fraser	
Sides people:	Judith McKaskell, Maria Light	
Intercessions:	Joshua Wilson Black	
Offertory:	Sue Shannons, Joy Coulter	
Morning Tea:	Carol Fraser, Beth Robinson	
Sacristan:	Toni Stewart	
Sacristy:	-	
Livestream:	Jane Evans	
Flowers:	Toni Stewart	
Evensong Readers:	Barbara Moreton, Johnann Williams	
Evensong Server:	Sung Bae	

CONTACTS

Vicar:	Fr Jordan Greatbatch	vicar@stmichaelandallangels.nz	0272216198
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Website:	www.stmichaelandallangels.nz		
Facebook:	SMAAChristchurch		
Parish Bank Acct:	St Michaels Churchwardens A/c no - 03-0855-0263594-000		
Postal Address:	PO Box 4022, Christchurch Mail Centre, 8140		

PASTORAL CARE TEAM COORDINATOR - Gloria Moyle 0274355347

The Anglican Parish of St Michael and All Angels Christchurch

This Sunday	The Fifth Sunday in Ordinary Time—8 February 2026
8.00 am	Low Mass
10.00 am	High Mass
7.00 pm	Evensong and Benediction
Monday	Feria No Mass
Tuesday	Feria
12.35 pm	Mass
Wednesday	Feria
12.00 noon	Meditation
12.35 pm	Mass
Thursday	Feria
11.00 am	Bible Study
12.00 am	Pray the Rosary
12.35 pm	Mass
6.00 pm	Study Group
Friday	Feria
12.35 pm	Mass
2.00 pm	School Service
Saturday	Cyril, 869, and Methodius, 885, Missionaries to the Slavs
Next Sunday	The Sixth Sunday in Ordinary Time—15 February 2026
8.00 am	Low Mass
10.00 am	High Mass
7.00 pm	Evensong and Benediction

Online Services

Sunday	10.00 am	facebook.com/SMAAChristchurch Solemn Mass
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Health & Safety Regulations: In an emergency, use the closest exit and assemble in the drop-off zone. In an earthquake, drop down and shelter behind or under a pew, covering your head. Follow instructions.