

February 14, 2021

10am and 7pm

# Worship Booklet

Sixth Sunday after Epiphany

A Liturgy of the Word

livestream on

[\*facebook.com/\*](https://www.facebook.com/saintalbars)

[\*saintalbars\*](https://www.facebook.com/saintalbars)

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# ST ALBANS

## **Welcome/Bienvenue**

Welcome to St. Albans 10am Morning Worship Livestream!

Our service is livestreamed on [www.facebook.com/saintalbans](http://www.facebook.com/saintalbans).

We welcome your full participation this morning: Please let us know you are with us by 'liking' the stream or sharing some comments!

## **Coffee Time on Zoom**

Pour yourself a mug of joe and join us after the service:

<https://zoom.us/j/99559252904?pwd=ZDRRWmprZG5xY3BqSWxIOtBsOStOUT09>

If prompted for a meeting ID or password, here is what you need:

**Meeting ID:** 995 5925 2904, **Passcode:** 761951,

**Dial in:** 1 647 558 0588

## **Online Prayer Room**

Following St. Albans Sunday morning worship, join Anna at 11am for individual prayer. Visit the Zoom prayer room at

<https://us04web.zoom.us/j/73362070549?pwd=YW9PK250MENsOHA3eDFjZFhqN2RyUT09>

## **Donations**

If you would like to make an offering to support St. Albans financially, you can donate by: **E-transfer** to [donate@stalbanschurch.ca](mailto:donate@stalbanschurch.ca) (use 'StAlbans' as the answer to the security question); or **Credit card**, at [stalbanschurch.ca/connect/donations](http://stalbanschurch.ca/connect/donations) (via CanadaHelps). To receive a tax receipt, please include your name and address. Thank you!

## **Welcome/Bienvenue**

### **Acknowledgement**

*St. Albans gathers on the unceded territory of the Algonquin Anishnaabeg people.*

### **Greeting**

The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit,  
be with you all.

**And also with you.**

### **Praise to the Lord, the Almighty**

Praise to the Lord, the Almighty, the God of creation!  
O my soul, praise her, for she is your health and salvation!  
Come, all who hear; now to land draw near,  
join me in glad adoration.

Praise to the Lord, above all things so wondrously reigning;  
sheltering you under her wings, and so gently sustaining!  
Have you not seen all that is needful has been  
sent by her gracious ordaining?

Praise to the Lord! O let all that is in me adore her!  
All that has life and breath, come now with praises before her.  
Let the Amen sound from your people again;  
gladly forever adore you

### **The Opening Prayer**

Almighty God,  
**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.

Let us pray.

*We pray silently.*

God of the outstretched hand,  
in Christ you are moved with anger and pity  
at a world which labels and rejects its children:  
release us from the lie that we are born unclean  
and shape a new community where all may be accepted;  
through Jesus Christ, the companion of lepers. Amen.

## **We Proclaim the Word**

*Each Sunday we read several sections of the Bible. These same readings will be proclaimed to over a billion Christians around the world today.*

### **The First Reading: 2 Kings 5.1-14**

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

### **Psalms 30**

I will exalt you, O Lord, because you have lifted me up  
and have not let my enemies triumph over me.  
**O Lord my God, I cried out to you,  
and you restored me to health.**

You brought me up, O Lord, from the dead;  
you restored my life as I was going down to the grave.

**Sing to the Lord, you servants of God;  
give thanks for the remembrance of the holiness of God.**

For the wrath of God endures but the twinkling of an eye,  
the divine favour for a lifetime.

**Weeping may spend the night,  
but joy comes in the morning.**

While I felt secure, I said,

“I shall never be disturbed.

**Lord, with your favour, you made me as strong as the mountains.”  
Then you hid your face, and I was filled with fear.**

I cried to you, O Lord; I pleaded with you, saying,

**“What profit is there in my blood, if I go down to the pit?  
Will the dust praise you or declare your faithfulness?**

Hear, O Lord, and have mercy upon me; O Lord, be my helper.”

**You have turned my wailing into dancing;  
you have put off my sack-cloth and clothed me with joy.**

Therefore my heart sings to you without ceasing;

O Lord my God, I will give you thanks for ever.

### **The Second Reading: 1 Corinthians 9.24-27**

Hear what the Spirit is saying to the Church

**Thanks be to God.**

### **Faithful One** – *Brian Doerksen*

Faithful One, so unchanging  
Ageless One, you are my Rock Of Peace  
Lord of all I depend on you  
I call out to you, again and again  
I call out to you, again and again

You are my rock in times of trouble  
You lift me up when I fall down  
All through the storm  
Your love is the anchor  
My hope is in you alone

### **The Gospel – Mark 1.40-45**

Le Seigneur soit avec vous. The Lord be with you.  
**And also with you.**

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

**Glory to you, Lord Jesus Christ.**

*The Gospel is proclaimed.*

The Gospel of Christ  
**Praise to you, Lord Jesus Christ.**

**Sermon** – Rev. Mark Whittall

### **Open Space**

*This is a time for us to respond in our own way to what we have heard and to prepare for the prayers that follow. Please feel free to comment with any reflections, discuss at home, or simply rest in what was shared. If you would like to offer prayers as part of our prayers of the people, please use the comments to do so.*

**The Middle / I Surrender All** – Jimmy Eat World, Public Domain

Hey, don't write yourself off yet  
It's only in your head,  
you feel left out  
Or looked down on

Just try your best  
Try everything you can  
And don't you worry what they tell themselves  
When you're away

It just takes some time  
Little girl, you're in the middle of the ride  
Everything, everything will be just fine  
Everything, everything will be all right

Hey, you know they're all the same  
You know you're finding who you are  
So don't buy-in

Live right now  
Yeah, just be yourself  
It doesn't matter if it's good enough  
For someone else

It just takes some time  
Little girl, you're in the middle of the ride  
Everything, everything will be just fine  
Everything, everything will be all right

I surrender all  
I surrender all  
All to Thee my precious Savior  
I surrender all

I surrender all  
I surrender all  
All to Thee my precious Savior  
I surrender all

## **Hear, O Israel**

Hear, O Israel,  
the Lord our God, the Lord is one.

Love the Lord your God  
with all your heart,  
with all your soul,  
with all your mind,  
and with all your strength.

This is the first and the great commandment.

The second is like it:

Love your neighbour as yourself.

There is no commandment greater than these.

## **Prayers of the People**

### **The Peace**

*In the sharing of the Peace we celebrate our reconciliation with God and extend the gift of peace to one other (Matt 5:23-24). We are reminded that it is in meeting others that we meet Christ.*

La paix du Seigneur soit toujours avec vous.

The peace of the Lord be always with you.

**And also with you.**

*Please share a sign of peace, online or at home.*

### **Offering**

*All that we have is a gift from God. Please make an offering to support the work of St. Albans now (or at any time). To receive a tax receipt, include your name and address. Thank you!*

***E-transfer*** (use 'StAlbans' as the answer to the security question) to [donate@stalbanschurch.ca](mailto:donate@stalbanschurch.ca); or



**Credit card** at [stalbanschurch.ca/connect/donations](http://stalbanschurch.ca/connect/donations)  
(via Canada Helps)

**Pilgrim** – John Mark McMillan

There is a heavenly city  
That I'm compelled to find  
Oh I love the flowers and trees  
And, the smell of the grinding seed  
And all the, beautiful things here in life

I, I'm a pilgrim here  
On this side of the great divide  
I'm a pilgrim here  
But I walk with you for awhile

Nobody's ever quite ready  
But they all take the ride  
Many have died, for the promise inside  
They never got, to see it in their time

I, I'm a pilgrim here  
On this side of the great divide  
I'm a pilgrim here  
But I walk with you for a while

Walk with you for awhile  
I'll love you here for awhile  
I'll hold you, for awhile  
I'll love you

I, I'm a pilgrim here  
On this side of the great divide  
I'm a pilgrim here  
But I walk with you for a while

## **Prayer over the Gifts**

Eternal God,  
you are the strength of the weak  
and the comfort of sufferers,  
receive all we offer you this day;  
turn our sickness into health  
and our sorrow into joy.  
We ask this in the name of Jesus Christ the Lord. Amen.

## **The Lord's Prayer**

*Please feel free to use the language and words of your choice.*

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.

## **We Are Sent**

Glory to God,  
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**

### **Your Peace Will Make Us One** – *Audrey Assad*

Mine eyes have seen the glory of the coming of the Lord  
You are speaking truth to power, you are laying down our swords  
Replanting every vineyard 'til a brand new wine is poured  
Your peace will make us one

I've seen you in our home fires burning with a quiet light  
You are parenting and feeding in the wee hours of the night  
Your gentle love is patient, you will never fade or tire  
Your peace will make us one

Glory! Glory! Hallelujah!  
Glory! Glory! Hallelujah!  
Glory! Glory! Hallelujah!  
Your peace will make us one

In the beauty of the lilies, you were born across the sea  
With a glory in your bosom that is still transfiguring  
Dismantling our empires 'til each one of us is free  
Your peace will make us one

Glory! Glory! Hallelujah!  
Glory! Glory! Hallelujah!  
Glory! Glory! Hallelujah!  
Your peace will make us one

## **Sending**

Go in peace to love and serve the Lord.  
**Thanks be to God.**

## **Announcements**

### **Ash Wednesday**

This **Wednesday, February 17** at 8pm, we mark the beginning of the season of Lent with our Ash Wednesday Service on Zoom.

All are welcome to join us at

<https://zoom.us/j/94292160869?pwd=aEp4K0g3VfVUVDYyMi9HS GtpRGdHZz09>.

*If prompted, the Meeting ID is 942 9216 0869 and the Passcode is 435274. To call in, the number is +1 647 374 4685. You are invited to make your own ashes for the imposition of ashes (which is as simple as lighting a match, dipping it in water and rubbing it between your fingertips).*

### **St. Albans Mental Health Initiative**

#### **Mental Health Education Workshops**

On **Tuesday, February 23** we will have the first of our workshops, led by Brittony Osler. Brittony is an occupational therapist, psychotherapist working with the Ontario Structured Psychotherapy (OSP) program, a publicly-funded initiative to provide evidenced-based therapy for individuals with mood and anxiety-related issues. She feels privileged to work alongside people to help them with what they need or want to do - the everyday occupations that bring us meaning, joy, and health.

#### **Navigating Worry and Anxiety, Tuesday, Feb 23, 7-8:30pm**

Worry, anxiety...words that are very much a part of our everyday language, especially in 2021. In this workshop, we will unpack what worry and anxiety actually look like in our day to day, and how we can better manage them.

This workshop will be on Zoom and we ask you to register in advance. To register please email Mark or Gillian, [gillianwallace@gmail.com](mailto:gillianwallace@gmail.com) and we'll send you the Zoom link.

## **Navigating Low Mood**

A second workshop with Brittony on "Navigating Low Mood" will take place on Tuesday, March 9, 7-8.30pm

## **Weekly Meditation Sessions**

Also as part of our Mental Health Initiative, we will be providing weekly Meditation sessions led by Michelle on Zoom every Wednesday at 5.15pm (30 minutes). No experience needed, instruction will be provided, all are welcome.

Here's the Wednesday Meditation Zoom link:

<https://us02web.zoom.us/j/82297002031?pwd=aFo1NkIKamFPRIBoMVVEbFBXODJQUT09>

## **Monthly Resilience Check-in**

Led by Mary-Martha Hale, the check-ins takes place on the second Monday of each month at 3pm. The next session is on Monday, March 8; please contact Mary-Martha mmhale65@gmail.com for more information. Here's the Monday Resilience Check-in Zoom link: <https://us02web.zoom.us/j/2725135700?pwd=eXB0b3FvMzR5Z2Y3QIRUUDM0a096UT09#success>

## **St. Albans Pastoral Care**

Pastoral Care Team is continuing with our every member check-in by phone and/or email, so please take the time to let them know how you're doing. (And if you're not contacted, please let me know so that we can update our list.)

For a complete list of our mid-week gatherings, please visit [www.stalbanschurch.ca/community](http://www.stalbanschurch.ca/community)

## **St. Albans Annual Vestry Meeting.**

*Sunday, February 28 at 11am,  
immediately following our 10am worship livestream.*

If you coordinate one of our ministries and would like to submit a report for our 2021 Vestry Report, please submit to Annie at [office@stalbanschurch.ca](mailto:office@stalbanschurch.ca) by February 18.

- If you would like to nominate yourself or another parish member to one of the positions that will be filled at vestry (Parish Council Member, Synod Representative), please let Rev. Mark, Imani or Maelys know as soon as possible.
- If you have an item that you would like on our vestry agenda, or a motion to present at our Annual Vestry Meeting, please submit to [office@stalbanschurch.ca](mailto:office@stalbanschurch.ca) no later than February 18 for consideration.

## **St. Alban's Worship**

*St. Albans worships via Livestream every Sunday, with a morning service at 10am and an evening service at 7pm on [www.facebook.com/saintalban](http://www.facebook.com/saintalban).*

We also have a **French-language service** every Sunday at 12h00 at [www.facebook.com/CommunauteStBernard](http://www.facebook.com/CommunauteStBernard).

To participate in our mid-week activities – morning and evening prayer, bible study, coffee hours, yoga and more – please email [rev.mark@stalbanschurch.ca](mailto:rev.mark@stalbanschurch.ca) to get connected.

## **St. Albans Contacts**

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