

February 21, 2021

10am and 7pm

# Worship Booklet

First Sunday in Lent  
A Liturgy of the Word

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

Rev. Mark Whittall  
Incumbent  
[rev.mark@stalbarschurch.ca](mailto:rev.mark@stalbarschurch.ca)

St Albans Church  
454 King Edward Ave.  
Ottawa, Ontario  
K1N 7M8

613-793-7355  
[www.stalbarschurch.ca](http://www.stalbarschurch.ca)



## 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=ZDRRWmprZG5xY3BqSWxlOTBsOSt0UT09>

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**

### **Land 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.**

Bless our God, who forgives all our sins  
**God's mercy endures forever.**

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.**

Lord have mercy  
**Christ have mercy**  
Lord have mercy

### **Confession and Absolution**

Dear friends in Christ,  
God is steadfast in love and infinite in mercy;

God welcomes sinners  
and invites them to the table.  
Let us confess our sins,  
confident in God's forgiveness.

*Silence is kept.*

Most merciful God,  
**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.**

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.**

**All My Favorite People** *(Over the Rhine)*

All my favorite people are broken  
Believe me, my heart should know  
Some prayers are better left unspoken  
I just want to hold you and let the rest go

All my friends are part saint and part sinner  
We lean on each other, try to rise above  
We are not afraid to admit we are all still beginners  
We are all late bloomers when it comes to love

All my favorite people are broken  
Believe me, my heart should know  
Orphaned believers, skeptical dreamers, step forward  
You can stay right here, you don't have to go

Is each wound you've received just a burdensome gift  
It gets so hard to lift yourself up off the ground  
But the poet says we must praise a mutilated world  
We're all working the graveyard shift  
You might as well sing along

Cause all my favorite people are broken  
Believe me, my heart should know  
As for your tender heart, this world's going to rip it wide open,  
It ain't gonna be pretty, but you're not alone

All my favorite people are broken  
Believe me, my heart should know  
Orphaned believers, skeptical dreamers, you're welcome  
Yeah, you're safe right here, you don't have to go

## **Collect**

Let us pray.

*We pray silently.*

God of the wilderness,  
**your Son battled with the powers of darkness  
and grew closer to you in the desert:  
help us to use these forty days**

to grow in wisdom and prayer,  
so that we may witness to your saving love  
in Jesus Christ our Lord.  
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: Genesis 9.8-17;**

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

### **Psalm 25.1-9**

*(The psalm is read responsively)*

To you, O Lord,  
I lift up my soul;  
my God, I put my trust in you;  
**let me not be humiliated,  
nor let my enemies triumph over me.**

Let none who look to you be put to shame;  
let the treacherous be disappointed in their schemes.  
**Show me your ways, O Lord,  
and teach me your paths.**

Lead me in your truth and teach me,  
for you are the God of my salvation;  
in you have I trusted all the day long.  
**Remember, O Lord, your compassion and love,  
for they are from everlasting.**

Remember not the sins of my youth  
and my transgressions;  
**remember me according to your love  
and for the sake of your goodness, O Lord.**

Gracious and upright are you, O Lord;  
therefore you teach sinners in your way.  
**You guide the humble in doing right  
and teach your way to the lowly.**

**The Second Reading: 1 Peter 3.18-22**

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

**Before the Throne of God** (*Kauflin, words rewritten by Chad Cecil*)

Before the throne of Incarnate God  
I have a strong and perfect plea  
A great High Priest, whose name is Love  
Who ever lives and pleads for me

My name is graven on His hands  
My name is written on Her heart  
I know that while in heaven they stand  
No tongue can bid me thence depart  
No tongue can bid me thence depart

When evil tempts us to despair  
And tells us of the guilt within  
Upward I look, and see Him there  
The lamb of God who takes our sins

Because Christ died and rose again  
All of creation is set free  
For God alone is magnified

Praise the Great Mystery  
Praise the Great Mystery

Behold Him there, the Risen Lamb  
Our just and spotless goodness  
The great unchangeable I am  
The One of glory and of grace

One with Himself he cannot die  
Our lives are marked now with his love  
My life is hid with Christ on high  
With Christ, my Savior and my God

Because Christ died and rose again  
All of creation is set free  
For God alone is magnified  
Praise the Great Mystery  
Praise the Great Mystery

### **The Gospel — Mark 1.9-15**

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

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

**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.*

## **Rainbow**

*(by Kacey Musgraves, performed by Emma Shafer)*

When it rains, it pours  
But you didn't even notice  
It ain't rainin' anymore  
It's hard to breathe when all you know is  
The struggle of stayin' above the risin' water line

Well, the sky has finally opened  
The rain and wind stopped blowin'  
But you're stuck out in the same ol' storm again  
You hold tight to your umbrella  
Well, darlin', I'm just tryin' to tell ya  
That there's always been a rainbow  
Hangin' over your head

If you could see what I see  
You'd be blinded by the colors  
Yellow, red, and orange, and green  
And at least a million others  
So tie up the boat, take off your coat  
And take a look around

'Cause the sky has finally opened  
The rain and wind stopped blowin'  
But you're stuck out in the same ol' storm again  
You hold tight to your umbrella

Well, darlin', I'm just tryin' to tell ya  
That there's always been a rainbow  
Hangin' over your head

Oh, tie up the boat, take off your coat  
And take a look around  
Everything is alright now

'Cause the sky has finally opened  
The rain and wind stopped blowin'  
But you're stuck out in the same ol' storm again  
Let go of your umbrella  
'Cause, darlin', I'm just tryin' to tell ya  
That there's always been a rainbow  
Hangin' over your head  
Yeah, there's always been a rainbow  
Hangin' over your head

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

## Still Haven't Found What I'm Looking For (U2)

I have climbed highest mountains  
I have run through the fields  
Only to be with you  
Only to be with you

I have run  
I have crawled  
I have scaled these city walls  
These city walls  
Only to be with you

But I still haven't found what I'm looking for  
But I still haven't found what I'm looking for

I have kissed honey lips  
Felt the healing in their fingertips  
It burned like fire  
This burning desire

I have spoke with the tongue of angels  
I have held the hand of a devil  
It was warm in the night  
I was cold as a stone

But I still haven't found what I'm looking for  
But I still haven't found what I'm looking for

I believe in the kingdom come  
Then all the colors will bleed into one  
Bleed into one  
But yes I'm still running

You broke the bonds  
And you loosed the chains  
Carried the cross  
Of my shame  
Oh my shame  
You know I believe it

But I still haven't found what I'm looking for  
But I still haven't found what I'm looking for  
But I still haven't found what I'm looking for  
But I still haven't found what I'm looking for

### **Prayer over the Gifts**

God our refuge and our strength,  
**receive all we offer you this day,**  
**and through the death and resurrection of your Son**  
**transform us to his likeness.**  
**We ask this in his name. 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**

### **Great Is Thy Faithfulness**

*(hymn by Thomas Chisholm, new words by Latifah Alattas)*

Great is Thy faithfulness, O God, Creator  
There is no shadow of turning with Thee  
Thou changest not, Thy compassions they fail not  
As Thou hast been, Thou forever will be

Summer and winter, and springtime and harvest  
Sun, moon and stars in their courses above  
Join with all nature in manifold witness  
To Thy great faithfulness, mercy and love

Mercy and love

Great is Thy faithfulness  
Great is Thy faithfulness  
Morning by morning new mercies we see  
Amidst the pain of this world you breathe with us  
Unfailing faithfulness dwelling so near

Dwelling so near

Pardon for sin and a peace that endureth  
Thine own dear presence to cheer and to guide  
Strength for today and the same for tomorrow  
Blessings for all, Christ within us resound

Resound

Great is Thy faithfulness  
Great is Thy faithfulness  
Morning by morning new mercies we see  
Amidst the pain of this world you breathe with us  
Unfailing faithfulness dwelling so near

Dwelling so near

### **Sending**

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

## **Announcements**

### **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**

*Mark Whittall*

*Incumbent*

*[rev.mark@stalbanschurch.ca](mailto:rev.mark@stalbanschurch.ca)*

*Chad Cecil*

*Music and Young Adult Pastor*

*[chad@stalbanschurch.ca](mailto:chad@stalbanschurch.ca)*

*Annie MacTavish*

*Office Administrator*

*[office@stalbanschurch.ca](mailto:office@stalbanschurch.ca)*

*Lila Ibrahim,*

*Children and Youth*

*[lila@stalbanschurch.ca](mailto:lila@stalbanschurch.ca)*

*Rose-Ingrid Benjamin*

*Online Church Coordinator*

*[rose-ingrid@stalbanschurch.ca](mailto:rose-ingrid@stalbanschurch.ca)*