

March 14, 2021  
at 10:00 a.m.

# Worship Booklet

Fourth Sunday in Lent  
A Liturgy of the Word

*livestream on*  
***facebook.com/  
saintalbens***

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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=ZDRRWmprZG5xY3BqSWxIOTBsOSt0UT09>*

*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.**

## **Praise to the Lord** (*Joachim Neander*)

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

Praise to the Lord, above all things so wondrously caring;  
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, who will prosper your work and defend you;  
surely her goodness and mercy shall daily attend you.  
Ponder anew what the Almighty can do,  
Cause of her love she befriends you.

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

## **Collect**

Let us pray.

*We pray silently.*

Steadfast God,  
**you reach out to us in mercy.**  
**When we rebel against your holy call**  
**and walk in disobedience,**  
**soften our hearts with the warmth of your love,**  
**so that we may know your Son**  
**alive within us, redeeming us,**  
**and raising us up into your eternal presence. 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: Numbers 21:4-9**

Hear what the Spirit is saying to the Church

**Thanks be to God.**

## **Psalm 107:1-3, 17-22** *(The psalm is read responsively)*

Give thanks to the Lord who is good,  
and whose mercy endures for ever.

**Let all those whom the Lord has redeemed proclaim that God  
redeemed them from the hand of the foe.**

The Lord gathered them out of the lands;  
from the east and from the west,  
from the north and from the south.

**Some were fools and took to rebellious ways;  
they were afflicted because of their sins.**

They abhorred all manner of food  
and drew near to death's door.

**Then they cried to you, O Lord, in their trouble,  
and you delivered them from their distress.**

You sent forth your word and healed them  
and saved them from the grave.

**Let them give thanks to you, O Lord, for your mercy and the  
wonders you do for your children.**

Let them offer a sacrifice of thanksgiving  
and tell of your acts with shouts of joy.

## **The Second Reading: Ephesians 2:1-10**

Hear what the Spirit is saying to the Church

**Thanks be to God.**

## **Build My Life** *(Barrett)*

Worthy of every song we could ever sing  
Worthy of all the praise we could ever bring  
Worthy of every breath we could ever breathe  
We live in you

Jesus, the name that loves every other name  
Jesus, the one came to seek and save  
Worthy of every breath we could ever breathe  
We live for you  
Oh, we live for you

Holy, there is no one like you  
There is none besides you  
Open up my eyes in wonder  
And show me who you are and fill me  
With your heart and lead me  
In your love to those around me

Worthy, worthy of every song we could ever sing  
Worthy of all the praise we could ever bring  
Worthy of every breath we could ever breathe  
We live in you  
Oh, we live in you, Spirit

Holy, there is no one like you  
There is none besides you  
Open up my eyes in wonder  
And show me who you are and fill me  
With your heart and lead me  
In your love to those around me

And I will build my life upon your love, it is a firm foundation  
And I will put my trust in you alone  
And I will not be shaken

## **The Gospel – John 3:14-21**

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** – *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.*

**Free** (*William Matthews*)

There's a world at war  
Caught in suffering  
Silent casualties  
Oh God, grant us peace

In these sleepless nights  
I can hardly breath  
Despite the brutality  
I know that we'll be free  
I know that we'll be free

Let the light in  
Keep it shining  
Let it break into the darkness  
All the love dares us to see  
We'll all be free

In these desperate times  
Love will hold us here  
Love will join our hands  
Teach us to have no fear  
So we lay our hate down  
To wash their feet  
When we see each other  
Oh, we'll all be free  
Yes, we'll all be free

Let the light in  
Keep it shining  
Let it break into the darkness  
All the love dares us to see  
We'll all be free

We'll be free, free  
We'll all be free  
We'll be free, free  
We'll all be free

### **The Apostles' Creed**

Let us confess the faith of our baptism, as we say,  
**I trust in God, the Father almighty,  
creator of heaven and earth.  
I trust in Jesus Christ, his only Son, our Lord.  
He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.**

He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended to the dead.  
On the third day he rose again.  
He ascended into heaven,  
and is seated at the right hand of the Father.  
He will come again  
to judge the living and the dead.  
I trust 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.

## **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)

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

### **Every Grain of Sand** (Bob Dylan)

In the time of my confession, in the hour of my deepest need  
When the pool of tears beneath my feet flood every newborn seed  
There's a dyin' voice within me reaching out somewhere,  
Toiling in the danger and in the morals of despair.

Don't have the inclination to look back on any mistake,  
Like Cain, I now behold this chain of events that I must break.  
In the fury of the moment I can see the Master's hand  
In every leaf that trembles, in every grain of sand.

Oh, the flowers of indulgence and the weeds of yesteryear,  
Like criminals, they have choked the breath of conscience and good  
cheer.

The sun beat down upon the steps of time to light the way  
To ease the pain of idleness and the memory of decay.

I gaze into the doorway of temptation's angry flame  
And every time I pass that way I always hear my name.  
Then onward in my journey I come to understand  
That every hair is numbered like every grain of sand.

I have gone from rags to riches in the sorrow of the night  
In the violence of a summer's dream, in the chill of a wintry light,  
In the bitter dance of loneliness fading into space,  
In the broken mirror of innocence on each forgotten face.

I hear the ancient footsteps like the motion of the sea  
Sometimes I turn, there's someone there, other times it's only me.  
I am hanging in the balance of the reality of man  
Like every sparrow falling, like every grain of sand.

## **Prayer over the Gifts**

God of mercy and compassion,  
your Word calls us home to faith and love.  
Accept all we offer you this day,  
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**

## **May You Find A Light** *(David Gungor, Jon Arndt)*

Lost and weary traveler  
Searching for the way to go  
Stranger heavy-hearted  
Longing for someone to know

May you find a light  
May you find a light  
May you find a light  
to guide You home

There are weary travelers  
Searching every where you go  
Strangers who are searching  
Longing deeply  
To be known

May you find a light  
May you find a light  
May you find a light  
to guide You home

## **Sending**

Go in peace to love and serve the Lord.

**Thanks be to God.**

## **2020 Charitable Tax Receipts**

2020 Charitable Tax Receipts are in the mail. If you'd like to get your tax receipt by email, contact Annie at [office@stalbanschurch.ca](mailto:office@stalbanschurch.ca).

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

**Weekly Meditation Sessions** – Michelle leads a half hour of meditation every Wednesday at 5.15pm. All are welcome on Zoom: <https://us02web.zoom.us/j/82297002031?pwd=aFo1NkIKamFPRIBoMVVEbFBXODJQUT09>

**Monthly Resilience Check-in** – Check in with Mary-Martha Hale at 3pm on the second Monday of each month (next on March 8). Contact Mary-Martha at [mmhale65@gmail.com](mailto:mmhale65@gmail.com). Zoom link: <https://us02web.zoom.us/j/2725135700?pwd=eXB0b3FvMzR5Z2Y3QIRUUDM0a096UT09#success>  
Meeting ID: 272 513 5700,Passcode: 794243

## **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 Governance 2021-22**

**Rector's Warden:** Michelle Sorenson

**People's Warden:** Ron Chaplin

**Synod Representatives:** Paula MacPherson, Amanda Ugwu

**Treasurer:** Alex Watson

**Parish Council Members:** Anna Gow, Douglas King, Alex Udechukwu, Evey Hornbeck, Huan Nguyen, Maria Fakhouri

**Envelope Secretary:** Brian Herron

**Financial Reviewer:** Paul Taylor

**Centre 454 Liaison Committee:** Ron Chaplin, Scott Armstrong

**Centre 454 Partnership Lead:** Lorraine Tell

**Open Table representative:** Chad Cecil

**Property Chair:** Campbell Osler

**PWRDF Representative:** Caitlin Armstrong

**Counting Coordinator:** Brian Herron

**Greeters Coordinator:** Gillian Wallace

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

*St. Albans worships via Livestream every Sunday, with a 10am morning service at [www.facebook.com/saintalbans](http://www.facebook.com/saintalbans).*

*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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*Chad Cecil, Music and Young Adult Pastor  
[chad@stalbanschurch.ca](mailto:chad@stalbanschurch.ca)*

*Annie MacTavish, Administration  
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