

October 31, 2021  
at 10:00 a.m.

# The Booklet

Twenty-Third Sunday after Pentecost  
A Celebration of Holy Eucharist

*Livestream the service at*  
[www.facebook.com/saintalbans](https://www.facebook.com/saintalbans) or  
[www.youtube.com/channel/UCdwV9f01mc4ymXD16YdNUBA](https://www.youtube.com/channel/UCdwV9f01mc4ymXD16YdNUBA)



**ST ALBANS**

*Spirit-Led. Christ-Centred. Contemporary Urban Church*

[www.stalbanschurch.ca](http://www.stalbanschurch.ca)

## **Welcome/Bienvenue**

Welcome to St. Albans, livestreaming from beautiful downtown Ottawa on [www.youtube.com/channel/UCdwV9f01mc4ymXD16YdNUBA](https://www.youtube.com/channel/UCdwV9f01mc4ymXD16YdNUBA) or at [www.facebook.com/saintalbans](https://www.facebook.com/saintalbans).

If you are joining us online, your full participation is welcome: Please let us know you are with us by 'liking' the stream or sharing some comments!

## **Sunday Worship Online**

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

Our French-language service livestreams Sundays at 12h00 on Facebook at [www.facebook.com/CommunauteStBernard](https://www.facebook.com/CommunauteStBernard).

## **Join us In-Person**

Welcome back to in-person worship, albeit in a limited capacity. Learn how to register for in-person services at St. Albans website, [www.stalbanschurch.ca/in-person](https://www.stalbanschurch.ca/in-person)

## **Land Acknowledgement**

St Alban's gathers on the unceded territory of the Algonquin Anishnaabeg people. We remember the Indigenous peoples on whose land we are gathered, wherever we are. Our acknowledgement is also a statement of our commitment to the ongoing work of reconciliation with our Indigenous neighbours.

## **Welcome**

### **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 |**

*Neander, Winkworth, edited lyrics by Chad*

Praise to Creator, Great Spirit, who sets free creation  
O my soul, praise her, for she is thy true restoration  
Come, all who hear; now in her love draw near,  
join me in glad adoration.

Voice of the Stars, who in all things so wondrously speaking;  
sheltering you under their wings, and so gently sustaining!  
Have you not seen all that is needful has been  
sent by their sacred wisdom?

We rejoice

We rejoice

We rejoice

Praise to the One Who visibly blesses our living  
Who from all time has been showing great mercy and caring  
Think about this, the brilliance that formed all this  
Who in this love you are meeting

### **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*

### **Collect**

God of love,  
who asks no other sacrifice  
than to love you, the source of life,  
and all creatures as ourselves:  
bind your law upon our hearts and our minds,  
so that we might find our strength in you;  
through Jesus Christ, our high priest.  
Amen.

### **We Proclaim the Word**

*Each Sunday we read from sections of the Bible: the Old Testament, Psalms, New Testament and the Gospel. These same readings will be proclaimed to over a billion Christians around the world today.*

### **The First Reading** | *Ruth 1:1-18*

In the days when the judges ruled, there was a famine in the land, and a certain man of Bethlehem in Judah went to live in the country of Moab, he and his wife and two sons. The name of the man was Elimelech and the name of his wife Naomi, and the names of his

two sons were Mahlon and Chilion; they were Ephrathites from Bethlehem in Judah. They went into the country of Moab and remained there. But Elimelech, the husband of Naomi, died, and she was left with her two sons. These took Moabite wives; the name of the one was Orpah and the name of the other Ruth. When they had lived there about ten years, both Mahlon and Chilion also died, so that the woman was left without her two sons and her husband. Then she started to return with her daughters-in-law from the country of Moab, for she had heard in the country of Moab that the Lord had considered his people and given them food. So she set out from the place where she had been living, she and her two daughters-in-law, and they went on their way to go back to the land of Judah. But Naomi said to her two daughters-in-law, "Go back each of you to your mother's house. May the Lord deal kindly with you, as you have dealt with the dead and with me. The Lord grant that you may find security, each of you in the house of your husband." Then she kissed them, and they wept aloud. They said to her, "No, we will return with you to your people." But Naomi said, "Turn back, my daughters, why will you go with me? Do I still have sons in my womb that they may become your husbands? Turn back, my daughters, go your way, for I am too old to have a husband. Even if I thought there was hope for me, even if I should have a husband tonight and bear sons, would you then wait until they were grown? Would you then refrain from marrying? No, my daughters, it has been far more bitter for me than for you, because the hand of the Lord has turned against me." Then they wept aloud again. Orpah kissed her mother-in-law, but Ruth clung to her. So she said, "See, your sister-in-law has gone back to her people and to her gods; return after your sister-in-law." But Ruth said, "Do not press me to leave you or to turn back from following you! Where you go, I will go; Where you lodge, I will lodge; your people shall be my people, and your God my God. Where you die, I will die - there will I be buried. May the Lord do thus and so to me, and more as well, if even death parts me from you!" When Naomi saw that she was determined to go with her, she said no more to her.

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

## **Psalm 146**

Hallelujah! Praise the Lord, O my soul!

**I will praise the Lord as long as I live;**

**I will sing praise to my God while I have my being.**

Put not your trust in rulers, nor in any child of earth,

**for there is no help in them.**

When they breathe their last, they return to earth,

**and in that day their thoughts perish.**

Happy are they who have the God of Jacob for their help!

**For their hope is in the Lord their God;**

Who made heaven and earth, the seas,

and all that is in them;

**who keeps promises for ever;**

Who gives justice to those who are oppressed,

**And food to those who hunger.**

The Lord sets the prisoners free.

The Lord opens the eyes of the blind,

**The Lord lifts up those who are bowed down;**

The Lord loves the righteous,

and cares for the stranger;

**The Lord sustains the orphan and widow,**

**but frustrates the way of the wicked.**

The Lord shall reign for ever,

**your God, O Zion, throughout all generations.**

**Hallelujah!**

## **Second Reading** | *Hebrews 9:11-14*

But when Christ came as a high priest of the good things that have come, then through the greater and perfect tent (not made with hands, that is, not of this creation), he entered once for all into the Holy Place, not with the blood of goats and calves, but with his own blood, thus obtaining eternal redemption. For if the blood of goats and bulls, with the sprinkling of the ashes of a heifer, sanctifies those who have been defiled so that their flesh is purified, how much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify our conscience from dead works to worship the living God!

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

## **We're Not Ok** | *Chad Cecil*

Can we stop just for a moment  
and consider we're in this together  
We've all played a part  
In the way things have become

And I regret to inform You  
That I am one of them  
Whose made a deal with wealth and power  
And never having quite enough

Ooo, we're not ok  
Ooo, love make a way

Please forgive my disengagement  
From what I do not know  
For burying my head into the sand  
While my siblings fought alone

You see I'm the kind of person  
Who stares up at the stars  
Praying to someone up above  
While there's a power at work within us

But I won't give up  
Can't give up  
On the world  
And I won't give up  
Can't give up  
On you

### **The Gospel** | *Mark 12:28-34*

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.**

One of the scribes came near and heard them disputing with one another, and seeing that Jesus answered them well, he asked him, "Which commandment is the first of all?" Jesus answered, "The first is, 'Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' The second is this, 'You shall love your neighbour as yourself.' There is no other commandment greater than these." Then the scribe said to him, "You are right, Teacher; you have truly said that 'he is one, and besides him there is no other'; and 'to love him with all the heart, and with all the understanding, and with all the strength,' and 'to love one's neighbour as oneself,' - this is much more important than all whole burnt offerings and sacrifices." When Jesus saw that he answered wisely, he said to him, "You are not far from the kingdom of God." After that no one dared to ask him any question.



The Gospel of Christ

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

**Sermon** | *The Rev. Simone Hurkmans*

## **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 with anyone in your home, or simply rest in what was shared. If you are attending in person, you are invited to discuss with others at a distance by remaining in your seat. If you would like to offer prayers as part of our prayers of the people, please use the comments to do so.*

## **Hear, O People**

**Hear, O People,  
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 another (Matt 5:23-24). We are also reminded that it is in meeting others that we meet Christ.*

*When exchanging the Peace with fellow parishioners (if you are attending in person), please remember that physical contact with those outside your bubble group is sadly not permitted during this Yellow phase. Share a sign of peace with others around you by other means such as bowing or waving. If you are online, share a sign of peace online or in your home.*

La paix du Seigneur soit toujours avec vous.

The peace of the Lord be always with you.

**And also with you.**

## **We Celebrate the Eucharist**

### **Offering**

*All that we have is a gift from God. Please consider supporting St. Albans financially with an e-transfer to [donate@stalbanschurch.ca](mailto:donate@stalbanschurch.ca) or a secure credit card donation at [stalbanschurch.ca/connect/donations](https://stalbanschurch.ca/connect/donations) (StAlbans is the answer to the security question). If we have your email, name, and postal address, we'll provide an electronic tax receipt with pleasure. If you'd prefer to give in person, please place your offering in the plate located near the pods. We won't be passing the plate in order to keep safe distances. Thank you!*

### **Harp In My Heart** | Kevin Prosch

There's a harp in my heart,  
and only you can play it  
There's a song in my broken soul,  
and only you can sing it  
You're so unpredictable, God,  
just like the rhythm, the rhythm of weeping  
And my life is so upside down  
But you keep on coming, coming around  
You keep on loving, though I still fall down

There's a harp in my heart,  
and only you can play it  
There's a song in my broken soul,  
and only you can sing it  
I hear those curfew bells are ringing,  
but I just can't stop my singing  
I've got to tell just one more person,  
Never give up, keep on dreaming  
Quieter than rain, She knows all your pain

There's a cry I have had  
that I could love my neighbour  
And see everyone's race,  
their religion and their colour  
You love those Anglicans, God  
you love the gays and the lesbians  
You love the Buddhists and the sex workers  
You love us, in every little way  
You see us as we are, and You love us the same

### **Prayer over the Gifts**

God of freedom,  
**accept all we offer you this day.**  
**May we embrace the law of your service**  
**and know the glorious liberty of the children of God.**  
**We ask this in the name of Jesus Christ the Lord. Amen.**

### **Eucharistic Prayer**

The Lord be with you.  
**And also with you.**  
Lift up your hearts.  
**We lift them to the Lord.**

Let us give thanks to the Lord our God.  
**It is right to give our thanks and praise.**

It is indeed right that we should praise you,  
gracious God, for you created all things.  
You formed us in your own image:  
In your image you created us.  
When we turned away from you in sin,  
you did not cease to care for us,  
but opened a path of salvation for all people.  
You made a covenant with Israel,  
and through your servants Abraham and Sarah  
gave the promise of a blessing to all nations.  
Through Moses you led your people  
from bondage into freedom;  
through the prophets  
you renewed your promise of salvation.  
Therefore, with them, and with all your saints  
who have served you in every age,  
we give thanks and raise our voices  
to proclaim the glory of your name.

**Holy, holy, holy Lord,  
God of power and might,  
heaven and earth of your glory are full  
Hosanna, hosanna, hosanna in the highest.**

**Blessed is the one who comes in the name of the Lord.  
Blessed is the one who comes in the name of the Lord.  
Holy, holy, holy, Lord ...**

Holy God, source of life and goodness,  
all creation rightly gives you praise.  
In the fullness of time,  
you sent your Son Jesus Christ,  
to share our human nature,  
to live and die as one of us,

to reconcile us to you,  
the God and Creator of all.  
He healed the sick  
and ate and drank with outcasts and sinners;  
he opened the eyes of the blind  
and proclaimed the good news of your kingdom  
to the poor and to those in need.  
In all things he fulfilled your gracious will.

On the night he freely gave himself to death,  
our Lord Jesus Christ took bread,  
and when he had given thanks to you,  
he broke it, and gave it to his disciples,  
and said, "Take, eat:  
this is my body which is given for you.  
Do this for the remembrance of me."

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

Gracious God,  
his perfect sacrifice  
destroys the power of sin and death;  
by raising him to life  
you give us life for evermore.

**Therefore we proclaim the mystery of faith.**

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

Recalling his death,  
proclaiming his resurrection,  
and looking for his coming again in glory,  
we offer you, Creator, this bread and this cup.  
Send your Holy Spirit upon us  
and upon these gifts,  
that all who eat and drink at this table  
may be one body and one holy people,  
a living sacrifice in Jesus Christ, our Lord.

Through Christ, with Christ, and in Christ,  
in the unity of the Holy Spirit,  
all glory is yours, almighty Father,  
now and for ever. **Amen.**

### **The Lord's Prayer**

**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.**

### **The Breaking of the Bread**

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

## **The Communion**

*During Communion, Rev. Simone will come to you with the bread, followed by a Communion assistant who will bring the wine. Please leave your mask on as you receive the bread, and remove it to consume the host once Simone has moved on. If you are unable to receive the wheat wafer, a rice wafer is also available. Please let Simone know.*

## **About the Common Cup**

*As we reintroduce the common cup, a few words from the Rev. Michael Garner's summary on the subject: "People ... worry that during a regular communion service, the chalice will be contaminated by the saliva of the participants. While it's true a shared cup could transmit infection through saliva, the risk is extremely low, with no documented cases of any disease ever being spread that way. In the case of COVID-19 the risk is even lower because it's spread by aerosols and droplets ... However, the most important thing is that you do what you feel is best for yourself and your loved ones. In the Anglican church, communicating in either kind, just bread or just wine, is considered full communion. You need not share the cup if the idea makes you uneasy. Simply fold your hands across your chest when it is offered." Please remember that intinction (dipping the bread in the wine) continues to be prohibited.*

The gifts of God for the people of God.

## **Thanks be to God.**

Dear friends, wherever you may be, receive Christ; in communion with the saints and the gathering of God's people, unseen yet present with us now.

**We receive you Lord Jesus Christ, we welcome your presence in us, and together proclaim our love for you; with our hearts, minds, our souls, and our strength; with the saints we worship you, with the angels we adore you, with your whole Church we proclaim your reign. Come to us, though many, and make us one in you. Amen.**

**Build My Life** | *Pat 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 for you  
Oh, we live for you

Jesus, the Name above every other name  
Jesus, the One loves us in every way  
Worthy of every breath we could ever breathe  
We live for you

Holy, there is no one like You  
There is none beside You  
Open up my eyes in wonder  
Show me who You are and fill me  
With Your heart and lead me  
In your love to those around me

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 for you  
Oh, we live for you

Holy, there is no one like You  
There is none beside You  
Open up my eyes in wonder  
Show me who You are and fill me  
With Your heart and lead me  
In your love to those around me

I will build my life upon Your love  
It is a firm foundation



I will put my trust in You alone  
And I will not be shaken

I will build my life upon Your love  
It is a firm foundation  
I will put my trust in You alone  
And I will not be shaken

Holy, there is no one like You  
There is none beside You  
Open up my eyes in wonder  
Show me who You are and fill me  
With Your heart and lead me  
In your love to those around me

## **We Are Sent**

### **Prayer After Communion**

Heavenly Creator,  
**bring to perfection within us  
the communion we share in this sacrament.  
May the unity we know this day  
live in our community and family.  
This we pray in the name of Jesus Christ the Lord. Amen**

*We pray silently.*

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.**

## **Community Announcements**

## **Blessing**

### **This Little Light of Mine | Sam Cooke**

This little light of mine, I'm gonna let it shine, x3  
Let it shine, let it shine, let it shine.

Ev'rywhere I go, I'm gonna let it shine, x3  
Let it shine, let it shine, let it shine.

When I see my neighbor, I'm gonna let it shine, x3  
Let it shine, let it shine, let it shine.

Building up a world, I'm gonna let it shine, x3  
Let it shine, let it shine, let it shine.

## **Sending**

Go in peace to love and serve the Lord.

**Thanks be to God.**

*When the service ends, please join us for a no-coffee coffee hour to catch up with folks. We know it's tempting to hug and get close, but please continue to wear a mask and maintain distancing when chatting with others.*

## **Thursdays: Morning Prayer/Bible Study**

The study group returns to Zoom each Thursday at 9 am. Join us to pray and to study the upcoming Sunday's Gospel and Psalm readings. It's a lovely way to start the day. The [Zoom link](#) will remain the same for each week. Meeting ID: 821 0277 5595 Passcode: 574469

## **Mondays: Monthly Resilience Check-in**

The Resilience Check-In Group continues on **Monday, November 8** at 3:00 pm. Connect with facilitator Mary-Martha Hale to check in.

## **Thursdays: Morning Prayer/Bible Study**

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## **Open Table Comeback**

After a long hiatus due to Covid 19 restrictions, Open Table is back in person! An ecumenical ministry that serves free dinners to university students, Open Table returns on November 7 at Centre 454 from 3 to 5 pm. We will be serving chilli (vegetarian and non-vegetarian), buns, drinks, and dessert. We are looking for folks to help us set up, serve the dinner, and clean up afterwards. Perfect for anyone looking to fulfill high school volunteer hours. For more info, contact Chad at [chad@stalbanschurch.ca](mailto:chad@stalbanschurch.ca) or Allyson at [allyson.hopkin@gmail.com](mailto:allyson.hopkin@gmail.com).

## **All Souls' Requiem Eucharist – Sunday, November 7**

Our Bishop will read the names of those members of households in our diocese who have died during the pandemic, and offer a prayer of commendation for their souls, at the Cathedral's All Souls' Requiem Eucharist on Sunday, November 7 at 4pm.

This promises to be a very moving and beautiful service, which will be held in-person and livestreamed. If you have loved ones who have died during the pandemic, would you kindly send Rev. Simone their names by **Wednesday, November 3** so that they may be included in the service. To attend the Requiem in person, please register at <https://rsvp.church/r/2bdfOuYg>. You may also livestream from <https://www.youtube.com/c/christchurchcathedralottawa>.

## **Episcopal Visit – Sunday, November 14**

Bishop Shane Parker will be with us for worship on Sunday, November 14. Please pray for Anna Gow and James Adair who will be confirmed at this time as well as Sylvie Brazeau who will be received into the Anglican Communion.

## **St. Albans Contacts**

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## **Donations**

*All that we have is a gift from God. Please consider supporting St. Albans financially with an e-transfer to [donate@stalbanschurch.ca](mailto:donate@stalbanschurch.ca) or a secure credit card donation at [stalbanschurch.ca/connect/donations](http://stalbanschurch.ca/connect/donations) (StAlbans is the answer to the security question.) If we have your email, name, and postal address, we'll provide an electronic tax receipt with pleasure*