

January 22, 2023
at 10:00 a.m.

The Booklet

Third Sunday after the Epiphany
A Celebration of Holy Eucharist

Livestream the service at

www.facebook.com/saintalbans or

www.youtube.com/channel/UCdwV9f0lmc4ymXD16YdNUBA



ST ALBANS

Spirit-Led. Christ-Centred. Contemporary Urban Church

www.stalbanschurch.ca

Welcome to St Albans Church!

We welcome all people, no matter their age, ability, gender, cultural background, sexual orientation, income level or faith tradition to join us as we seek to deepen our relationship with God and each other. Together we're exploring how we are called to serve in the world, right here in downtown Ottawa.

During the service, if you are a breastfeeding parent, you are welcome to breastfeed where you are seated or anywhere else in the church, as you feel comfortable.

We continue to recommend wearing a mask at all times other than when receiving communion, eating/drinking, or speaking into a microphone.

Join us online via livestream at www.facebook.com/saintalbens or www.youtube.com/channel/UCdwV9f01mc4ymXD16YdNUBA.

About this booklet

This booklet is your guide to our worship. You're going to experience and participate in worship through music, prayer, readings, reflections and silence. Every time it's your turn to say or do something, you'll see it here in this booklet (usually in bold). If there are surprises, or you have questions, ask a neighbour.

Participation

Our hope is that everyone gathered will feel able participate in our worship this morning. At various points in the service we may suggest certain postures. But please feel free to adopt whatever posture (standing, sitting, kneeling) is appropriate for you at any time. If you would like to do some sketching or writing during the service, you are most welcome – at the back of the church is our Art Cart, stocked with books and art supplies. The books are communal so please date your work, no need to sign it, but the Art Books will become over time an anthology of our collective experience.

Welcome

Land Acknowledgement

Dear friends, we gather on traditional Anishinaabe Algonquin territory.

May we dwell on this land with respect and peace.

In a spirit of reconciliation, may we always seek to respect the history, spirituality, and culture of First Nations, Metis, and Inuit.

May we do all in our power to support all efforts to establish an equal presence on this land.

Greeting

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

And also with 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.

I Still Haven't Found What I'm Looking For | U2

I have climbed the 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 her 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 colours 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
Of my shame
You know I believe it

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

Collect of the Day

Let us pray.

We pray silently.

God of all people,
you sent your Son into our shadowed world.
May his dawning light
give hope to the broken, the persecuted,
the alien and the excluded,
so that we might feel the kingdom drawing near and turn to follow him;
through Jesus Christ, the morning star. **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: Isaiah 9:1-4

Hear what the Spirit is saying to the Church.

Thanks be to God.

Ps 27:1, 5-14

The Lord is my light and my salvation; whom then shall I fear?
The Lord is the strength of my life; of whom then shall I be afraid?
**For in the day of trouble, O God, you shall keep me safe in your shelter;
you shall hide me in the secrecy of your dwelling
and set me high upon a rock.**

Even now you lift up my head above my enemies round about me.

Therefore I will offer in your dwelling an oblation with sounds of great gladness; I will sing and make music to the Lord.

Hearken to my voice, O Lord, when I call; have mercy on me and answer me.

You speak in my heart and say , “Seek my face.” Your face, Lord, will I seek.

**Hide not your face from me, nor turn away your servant in displeasure.
You have been my helper; cast me not away; do not forsake me, O God of
my salvation.**

Though my father and my mother forsake me, the Lord will sustain me.
**Show me your way, O Lord; lead me on a level path, because of my
enemies.**

Deliver me not into the hand of my adversaries, for false witnesses have
risen up against me, and also those who speak malice.

**What if I had not believed that I should see the goodness of the Lord in
the land of the living!**

O tarry and await the pleasure of the Lord; be strong, and God shall
comfort your heart; wait patiently for the Lord.

The Second Reading: 1 Corinthians 1:10-18

Hear what the Spirit is saying to the Church.

Thanks be to God.

Beautiful Things | Gungor

All this pain

I wonder if I'll ever find my way

I wonder if my life could really change at all

All this earth

Could all that is lost ever be found

Could a garden come up from this ground at all

Chorus

You make beautiful things

You make beautiful things out of the dust

You make beautiful things

You make beautiful things out of us

All around

Hope is springing up from this old ground

Out of chaos life is being found in You

Chorus x2

You make me new, You are making me new
You make me new, You are making me new

Chorus x2

The Gospel: Matthew 4:12-23

Le Seigneur soit avec vous. The Lord be with you.

And also with you.

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

Glory to you, Lord Jesus Christ.

The Gospel is read

The Gospel of Christ

Praise to you, Lord Jesus Christ.

Homily | Rev. Michael

*We say the Apostles Creed to affirm our faith using
words of the ancient church*

**I believe in God,
the Father almighty,
creator of heaven and earth.**

**I believe 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 believe 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

Confession and Absolution

In our time of confession we recognize our need for reconciliation with God and with each other. In response to our need God embraces us and calls us beloved.

Dear friends in Christ,
God is steadfast in love and infinite in mercy;
he welcomes humanity
and invites them to his table.
Let us confess our sins,
confident in God's forgiveness.

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.

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.

La paix du Seigneur soit toujours avec vous.
The peace of the Lord be always with you.
And also with you.

Share a sign of peace in church, online or in your home.

We Celebrate the Eucharist

Offering

All that we have is a gift from God. Please consider a donation to St. Albans, via e-transfer to donate@stalbanschurch.ca, or with a secure credit card donation at www.stalbanschurch.ca/connect/donations. If you'd prefer to give in person, please place your offering in the plate as it passes by you. To receive an electronic tax receipt, please provide your postal address and email. Thank you! As well, if you would like to be on our mail or email list, or

have any other questions or requests, please feel free to place a written note on the offering plate when it is circulated, speak to a fellow congregation member, or send an email to office@stalbanschurch.ca

Raise Up| Semler

Bring me your weak and weary
Bring me your strange and cold
I come for hope and healing
That you won't feel alone

Chorus:

So, raise up, raise up, raise up
So, raise up, raise up
So, raise up, raise up, raise up
I have told you that

I am the way and the truth and the life
I'm justice, I'm all that is right
Carry on now, carry on
Carry on now

And there's a galaxy behind your eyelids
And there's a war in your house
And there's a meaning that is far beyond us
And there is courage in doubt

Chorus

I am the way and the truth and the life
I'm justice, I'm all that is right
Carry on now, carry on
Carry on now

Chorus

I am the way and the truth and the life
I'm justice, I'm all that is right
Carry on now, carry on
Carry on now

And I am the way and the truth and the life
I am mystery, the day, and the night
Carry on now, carry on
Carry on now

Chorus

Prayer over the Gifts

Holy God, gracious and merciful,
you bring forth food from the earth
and nourish your whole creation.
Turn our hearts toward those
who hunger in any way,
so that all may know your care;
and prepare us now to feast on the bread of life,
Jesus Christ, our Saviour and Lord.

Amen.

Eucharistic Prayer

May God be with you.
And also with you.

Lift up your hearts.
We lift them up to God.

Let us give thanks to God our Creator.
It is right to give our thanks and praise.

Holy God, Lover of creation,
we give you thanks and praise
for in the ocean of your steadfast love you bear us and place the song of
your Spirit in our hearts.
When we turn from your love and defile the earth, you do not abandon us.
Your Spirit speaks through Huldah and Micah, through prophets, sages, and
saints in every age, to confront our sin
and reveal the vision of your new creation.
Joining in the song of the universe
we proclaim your glory saying (singing):

**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. X2
Holy, holy, holy Lord, God of power and might,
Heaven and earth of your glory are full.
Hosanna, hosanna, hosanna in the highest. X2**

Gracious God, in the fullness of time you sent Jesus the Christ to share our
fragile humanity. Through Jesus' life, death, and resurrection you open the
path from brokenness to health, from fear to trust, from pride and conceit
to reverence for you.

Rejected by a world that could not bear the Gospel of life,
Jesus knew death was near.
His head anointed for burial by an unknown woman,
Jesus gathered together those who loved him.
He took bread, gave thanks to you, broke it and gave it to his friends,
saying, "Take and eat:
this is my body which is given for you.
Do this for the remembrance of me."
After supper, Jesus took the cup of wine, gave you thanks,
and said "Drink this all of you,

this is my blood of the new covenant which is shed for you and for many. Whenever you drink it, do this for the remembrance of me.”

And now we gather at this table in response to his commandment, to share the bread and cup of Christ’s undying love, and to proclaim our faith.

Christ has died. Christ is risen. Christ will come again.

Breathe your Holy Spirit, the wisdom of the universe,
upon these gifts that we bring to you:

this bread, this cup, ourselves, our souls and bodies,
that we may be signs of your love for all the world
and ministers of your transforming purpose.

Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit,
all glory is yours, Creator of all, and we bless your holy name for ever.

Amen.

The Lord’s Prayer

Please feel free to use the language of your choice.

**Our Father (Creator) 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 the bread of life,

and that life is the light of the world.

**God here among us, light in the midst of us,
bring us to light and life.**

The gifts of God for the people of God.

Thanks be to God.

Communion

At St Albans, all are welcome to receive communion or a blessing.

Communion is received in a series of semi-circles at the front of the church.

Please cross your arms over your chest if you would prefer to receive a blessing instead of the bread and/or wine. Please also indicate if you would prefer to receive a rice wafer instead of a wheat wafer.

We'll All Be 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 our brother
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

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 x6

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

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 x3

Tell your sister, tell your brother
Tell your father, tell your mother
Tell yourselves, tell everybody
We'll all be free

Tell the lovers, tell the haters
Tell the prisoners, tell the jailers
Tell the world, tell everybody
We'll all be free

We Are Sent

Prayer after Communion

Let us pray.

We pray silently.

God of abundance,
**with this bread of life and cup of salvation
you have united us with Christ,
making us one with all your people.**
**Now send us forth in the power of your Spirit,
so that we may proclaim your redeeming love to the world and continue
forever in the risen life of Jesus Christ, our Lord. Amen.**

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

Lean on Me | Bill Withers

Sometimes in our lives
We all have pain
We all have sorrow

But if we are wise
We know that there's
Always tomorrow

Lean on me, when you're not strong and I'll be your friend
I'll help you carry on

For it won't be long
Till I'm gonna need
Somebody to lean on

Please swallow your pride
If I have things
You need to borrow

For no one can fill
Those of your needs
That you won't let show

You just call on me family, when you need a hand
We all need somebody to lean on

I just might have a problem
That you'll understand
We all need somebody to lean on

Lean on me, when you're not strong and I'll be your friend

I'll help you carry on

For it won't be long
Till I'm gonna need
Somebody to lean on

You just call on me family, when you need a hand
We all need somebody to lean on

I just might have a problem
That you'll understand
We all need somebody to lean on

If there is a load
You have to bear
That you can't carry

I'm right up the road
I'll share your load
If you just call me

Sending

Go in peace to love and serve the Lord.

Thanks be to God.

Announcements

Wednesdays – *Bible Study (830am)* – Our Wednesday Morning Bible Study restarts next week on Zoom. We gather together to look at the readings for the upcoming Sunday. For more information contact Mary-Martha at mmhale65@gmail.com.

Thursdays – *Morning Prayer (8am)* - We will continue 30 week journey together praying through the book of Psalms. We will go live on Facebook

and YouTube at 8am on Thursdays, but please join us whenever you can (the video will be on both FB and YouTube) to listen to and pray the words of the book of Psalms as we discern the future of our Parish.

Monthly Parish Meals - Starting in January our Parish will begin to hold monthly meals. The first meal will be held on January 23rd at 630pm at the church. Parishioners (and friends) are invited to come and join in some fellowship and time together. The food will be provided, with gluten free and vegetarian options. The meal may be followed by a time of discussion or another activity to be determined. If you know you are able to attend please drop the office email (office@stalbanschurch.ca) a note; if you don't know currently and the spirit moves you the day of, come, there will be food and friends to welcome you. Children are most welcome.

Quarterly Parties - After what was a successful Liturgical New Years Eve we plan to gather quarterly on a Saturday night. Our first quarterly party will be on February 11th starting at 7pm at the church. Spirit led drinks and snacks. This party we will be playing board games and cards. If you don't like playing games, there will surely be those who want to just hang out and chat.

Naloxone training - On a more serious note, on February 7th on Zoom at 7pm we will be gathering as a parish to do Naloxone training. Mark Barnes will be leading our training. Mark is a noted leader in the response to the opioid crisis and a pharmacist by training (<https://naloxonecare.com>). I want to encourage all parishioners to attend this extremely important training that will allow all of us to exist more confidently in the reality of our neighbourhood.

Concert – St Albans is hosting [Mike Edel](#) in concert on the evening of February 5th. Doors open at 7, show starts at 8pm with our own Sarah Williams opening. This is a new foray of St. Albans hosting a curated concert as promoter. Come experience the space in a different way! Tickets are \$20 and \$15 for students. They are available at <https://www.showpass.com/me-ottawa-3/>.

St. Albans Staff

The Rev. Michael Garner revmichael@stalbanschurch.ca

In the event of a **pastoral emergency** please call Rev. Michael 613-797-9802

El Posthuma, Youth and Children's Leader el@stalbanschurch.ca

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