

January 29, 2023  
at 10:00 a.m.

# The Booklet

Fourth Sunday after the Epiphany  
A Celebration of Holy Eucharist

*Livestream the service at*

*[www.facebook.com/saintalbans](https://www.facebook.com/saintalbans) or*

*[www.youtube.com/channel/UCdwV9f](https://www.youtube.com/channel/UCdwV9f0lmc4ymXD16YdNUBA)*

*[0lmc4ymXD16YdNUBA](https://www.youtube.com/channel/UCdwV9f0lmc4ymXD16YdNUBA)*



**ST ALBANS**

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

**[www.stalbanschurch.ca](http://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](https://www.facebook.com/saintalbens) or [www.youtube.com/channel/UCdwV9f01mc4ymXD16YdNUBA](https://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.**

## **We Are One | Ginny Owens**

Let us draw near to each other

We are one, we are one

We are all sisters and brothers

Telling stories of our Father's love

You've got a place at the table

A family where you belong

So, open your arms if you're able  
Welcome home!  
Welcome home!

Let us draw near to each other  
We are one, we are one  
We are all sisters and brothers  
At the feast of our Mother's love

We can come weary and burdened  
With the weight of the world on our backs  
We can hand it all over to Jesus  
Find our rest, find our rest

So, let us draw near to each other  
We are one, we are one  
We are all siblings together  
Living free in our Father's love

Travelers, misfits, and exiles  
Don't grow cold in the dark of night  
Gather for hope and for comfort  
In His light, in His light

Let us draw near to each other  
We are one, we are one  
We are all sisters and brothers  
Warming hands by the fire of His love

Shaped by the hands of the potter  
No two pieces alike  
But when we build a shelter together  
We will shine, we will shine

Let us draw near to each other  
We are one, we are one  
We are all siblings  
Telling stories of our  
Mother's love

Let us draw near to each other  
We are one, we are one  
We are all sisters and brothers  
Telling stories of our Father's love

We'll tell the stories of our Mother's love  
We'll tell the stories of each other's love

### ***Collect of the Day***

Let us pray.

*We pray silently.*

God of the prophets  
you shame the strong through the weakness of love  
and turn upside down the wisdom of the world:  
may your blessing dwell with the poor and hungry,  
the grieving and abused;  
may your peaceful revolution be our joy and our reward; through Jesus  
Christ, the power of God. **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: Micah 6:1-8**

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**Ps 15**

Lord, who may dwell in your tabernacle? Who may abide upon your holy hill?

**Those who lead a blameless life and do what is right, who speak the truth from their heart.**

There is no guile upon their tongue; they do no evil to a friend; they do not heap contempt upon a neighbour.

**In their sight the wicked are rejected, but they honour those who fear the Lord. They have sworn to do no wrong and do not take back their word.**

They do not give their money in hope of gain, nor do they take a bribe against the innocent. Those who do these things shall never be overthrown.

**The Second Reading:** 1 Corinthians 1:18-31

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**Be Thou My Vision** | Eleanor Hull

Be thou my vision, O Lord of my heart,  
naught be all else to me, save that thou art;  
Thou my best thought by day or by night,  
Waking or sleeping, thy presence my light.

Be thou my wisdom, thou my true word,  
I ever with thee and thou with me Lord;  
Thou my great Parent, I thy true child;  
Thou in me dwelling, and I with thee one.

Riches I heed not, nor man's empty praise:  
Thou mine inheritance now and always;  
Thou and thou only first in my heart;  
High King of Heaven, my treasure thou art.

High King of heaven, my victory won,  
May I reach heaven's joys, O Bright Heaven's sun!;  
Heart of my own heart, whatever befall,  
Still be my vision, O Wisdom of all.  
Heart of my own heart, whatever befall,  
Still be my vision, O Wisdom of all.

**The Gospel:** Matthew 5:1-12

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](mailto:donate@stalbanschurch.ca), or with a secure credit card donation at [www.stalbanschurch.ca/connect/donations](http://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](mailto:office@stalbanschurch.ca)*

**The Middle | Jimmy Eat World**

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'll be just fine  
Everything, everything'll be alright, alright

Hey, you know they're all the same  
You know you're doing better on your own  
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'll be just fine  
Everything, everything'll be alright, alright  
It just takes some time  
Little girl, you're in the middle of the ride  
Everything, everything'll be just fine  
Everything, everything'll be alright, alright

Hey, don't write yourself off yet  
It's only in your head, you feel left out  
Or looked down on  
Just do your best  
Do everything you can  
And don't you worry what their bitter hearts  
Are gonna say

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

### ***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.*

**These Bodies** | Lenora Rand & Hannah Rand

### **Chorus**

You gave us these bodies, and you called them good

You gave us these bodies, and you called them good

We are easily damaged, have you seen the scars

That's just scratching the surface, more beneath where those are

### **Chorus**

May we love them as you do, let us love them as you do

Inside outside, through and through Let us love them as you do

But we do so much damage, have you seen the scars

We keep hurting each other, sometimes that's just how we are

## Chorus

May we love them as you do, let us love them as you do  
Inside outside, through and through Let us love them as you do

These bodies, these bodies  
They are fearfully, wonderfully made  
Don't believe the lies some say  
No our flesh and bones,  
Our hearts and hands Are loved in every way  
No our flesh and bones,  
Our hearts and hands Are loved in every way

You gave me my body, and you called them good  
You gave me my body, and you called them good  
May we love them as you do, let us love them as you do  
Inside outside, through and through Let us love them as you do

I am my body and you called me good  
I am my body and you called me good  
May I love as you do, let us love as you do  
Inside outside, through and through Let us love as you do

## **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***

**All Shall Be Well | John Van Dusen**

Thank you for the sun  
Thank you for the moon  
Thank you for the stars at night  
and the darkness too

Bless you for your peace  
Bless you for your grace  
Bless you for your perfect love  
and your perfect ways

And all shall be well, all shall be well  
All manner of things shall be well

use me as you will  
Remove my selfish pride  
Create in me a servant's heart  
to bless your holy bride



And when my work is done  
and the seeds are sown  
Please receive my spirit Lord  
and welcome me home

And all shall be well, all shall be well  
All manner of things shall be well  
And all shall be well, all shall be well  
All manner of things shall be well

### ***Sending***

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

### **Announcements**

**Concert** – St Albans is hosting [Mike Edel](#) in concert on the evening of February 5<sup>th</sup>. 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/>.

**Naloxone training** - On a more serious note, on February 7<sup>th</sup> 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.

**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 11<sup>th</sup> 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.

**Parish Meal** – after a very successful first parish meal we are really looking forward to our next one – on Shrove Tuesday (Feb 21 at 630pm), our last day before the season of Lent. The current plan is Pancakes, which is the traditional food for Shrove Tuesday. There will be gluten free options available. As well, if people in the parish have electric griddles we would appreciate you letting us borrow them for the event!

**Parish Retreat** – We are having a parish retreat at St. Albans on March 25<sup>th</sup> from 930 to noon. Susan and Tim Kehoe will be our leaders, and they will do some teaching on contemplation and meditation and then take us through an exercise of walking meditation in the church using a labyrinth.

**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](mailto: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.

## **St. Albans Staff**

The Rev. Michael Garner [revmichael@stalbanschurch.ca](mailto:revmichael@stalbanschurch.ca)

Office Hours: Mondays 11am-1pm @room 232 Déjà Vu – uOttawa Chaplain

Wednesday 9am-12noon – please reach out to connect

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

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