

February 22, 2023  
at 7:00 p.m.

# The Booklet

Ash Wednesday  
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 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.**

## ***Gathering for Worship***

The Lord with you.

**And also with you.**

Let us pray.

*we pray silently*

Gracious and merciful God,

**you despise nothing you have made**

**and forgive the sins of all who are penitent.**

**Create and make in us new and contrite hearts,**

**that we, worthily lamenting our sins**

**and acknowledging our brokenness,**

**may obtain of you, the God of all mercy,  
perfect remission and forgiveness;  
through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever. Amen.**

**Changes Come | Over the Rhine**

Changes come,  
Turn my world around  
Changes come,  
Turn my world around  
I have my father's hand  
I have my mother's tongue  
I look for redemption in everyone  
I want to wear your ring  
I have a song to sing  
It ain't over babe  
In fact it's just begun

Changes come,  
Turn my world around  
Changes come,  
Bring the whole thing down

I want to have our baby  
Some days I think that maybe  
This old world's too screwed up  
For any first-born son  
There is all this untouched beauty  
The light, the dark  
Both running through me  
Is there still redemption for everyone?

Changes come,  
Turn my world around  
Changes come,  
Bring the whole thing down

Jesus come,  
Turn the world around  
Lay my burden down  
Turn this world around  
Bring the whole thing down  
Bring it down

**We Proclaim the Word**

## **The First Reading: Joel 2.1–2, 12–17**

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

## **Ps 103: 8-18**

You are full of compassion and mercy, slow to anger and of great kindness.

**You will not always accuse us, nor will you keep your anger for ever.**

You have not dealt with us according to our sins, nor rewarded us according to our wickedness.

**For as the heavens are high above the earth, so is your mercy great upon those who fear you.**

As far as the east is from the west, so far have you removed our sins from us.

**As parents care for their children, so do you, O Lord, care for those who fear you.**

For you yourself know whereof we are made; you remember that we are but dust.

**Our days are like the grass; we flourish like a flower of the field;**



when the wind goes over it, it is gone, and its place shall know it no more.

**But your merciful goodness endures for ever on those who fear you, and your righteousness on children's children;**

on those who keep the covenant and remember the commandments and do them.

**The Second Reading: 2 Corinthians 5.20b—6.10**

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**The Gospel: Matthew 6:1-6, 16-21**

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

**And also with you.**

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

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

*The Gospel is read*

The Gospel of Christ

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

## ***Time of Reflection***

### ***Exhortation***

Dear friends in Christ,  
every year at the time of the  
Christian Passover  
we celebrate our redemption  
through the death and resurrection  
of our Lord Jesus Christ.  
Lent is a time to prepare for this  
celebration  
and to renew our life in the paschal  
mystery.

We begin this holy season  
by remembering our need for  
repentance,  
and for the mercy and forgiveness  
proclaimed in the Gospel of Jesus  
Christ.

I invite you therefore, in the name  
of the Lord,  
to observe a holy Lent  
by self-examination, penitence,  
prayer,  
fasting, and almsgiving,  
and by reading and meditating on  
the word of God.

Let us stand before our Creator and  
Redeemer.

(Silence)

## **Psalm 51**

Have mercy on me, O God, according to your  
loving-kindness;  
in your great compassion blot out my offenses.  
Wash me through and through from my  
wickedness  
and cleanse me from my sin.  
For I know my transgressions, and my sin is ever  
before me.

Against you only have I sinned and done what is evil in your sight.

And so you are justified when you speak and upright in your judgement.

Indeed, I have been wicked from my birth, a sinner from my mother's womb.

For behold, you look for truth deep within me, and will make me understand wisdom secretly.

Purge me from my sin, and I shall be pure; wash me, and I shall be clean indeed.

Make me hear of joy and gladness, that the body you have broken may rejoice.

Hide your face from my sins and blot out all my iniquities.

Create in me a clean heart, O God, and renew a right spirit within me.

Cast me not away from your presence and take not your holy Spirit from me.

Give me the joy of your saving help again and sustain me with your bountiful Spirit.

I shall teach your ways to the wicked, and sinners shall return to you.

Deliver me from death, O God, and my tongue shall sing of your righteousness, O God of my salvation.

Open my lips, O Lord, and my mouth shall proclaim your praise.

Had you desired it, I would have offered sacrifice, but you take no delight in burnt-offerings.

The sacrifice of God is a troubled spirit; a broken and contrite heart, O God, you will not despise.

Be favourable and gracious to Zion, and rebuild the walls of Jerusalem.

### ***Litany of Penitence***

**Most holy and merciful God,  
we confess to you, to one another,  
and to the whole communion of saints  
in heaven and on earth,  
that we have sinned by our own fault  
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, and mind, and strength. We have not loved our neighbours as ourselves. We have not forgiven others, as we have been forgiven.

**Have mercy on us, Lord.**

We have been deaf to your call to serve as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit.

**Have mercy on us, Lord.**

We confess to you, Lord, all our past unfaithfulness: the pride, hypocrisy, and impatience of our lives,

**We confess to you, Lord.**

Our self-indulgent appetites and ways, and our exploitation of other people,

**We confess to you, Lord.**

Our anger at our own frustration, and our envy of those more fortunate than ourselves,

**We confess to you, Lord.**

Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work,

**We confess to you, Lord.**

Our negligence in prayer and worship, and our failure to commend the faith that is in us,

**We confess to you, Lord.**

Accept our repentance, Lord, for the wrongs we have done: for our blindness to human need and suffering, and our indifference to injustice and cruelty,

**Accept our repentance, Lord.**

For all false judgements, for uncharitable thoughts toward our neighbours, and for our prejudice and contempt toward those who differ from us,

**Accept our repentance, Lord.**

For our waste and pollution of your creation, and our lack of concern for those who come after us,  
**Accept our repentance, Lord.**

Restore us, good Lord, and let your anger depart from us;

**Hear us, Lord, for your mercy is great.**

### ***Imposition of Ashes***

Almighty God,  
from the dust of the earth you have created us.

May these ashes be for us a sign of our mortality and penitence, and a reminder that only by your gracious gift

are we given eternal life; through Jesus Christ our Saviour.

Amen.

### ***The Receiving of Ashes***

*Those who desire to receive ashes come forward, and the ashes are applied to the forehead of each*



*person with the following words: “Remember you are dust, and to dust you shall return.” After all who desire ashes have received them, the celebrant leads the congregation in the conclusion of the confession.*

Accomplish in us, O God, the work of your salvation,  
**That we may show forth your glory in the world.**

By the cross and passion of your Son, our Lord,  
**Bring us with all your saints to the joy of his resurrection.**

Almighty God have mercy on you, forgive you all your sins  
through our Lord Jesus Christ, strengthen you in all goodness,  
and by the power of the Holy Spirit keep you in eternal life.

**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)

## **I Came So Far for Beauty** | Leonard Cohen

I came so far for beauty

I left so much behind

My patience and my family

My masterpiece unsigned

I thought I'd be rewarded

For such a lonely choice

And surely he would answer

To such a hopeless voice

I practiced on my sainthood

I gave to one and all  
But the rumours of my virtue  
They moved him not at all

I changed my style to silver  
I changed my clothes to black  
And where I would surrender  
Now I would attack

I stormed the old casino  
For the money and the flesh  
And I myself decided  
What was rotten and what was fresh

And men to do my bidding  
And broken bones to teach  
The value of my pardon  
The shadow of my reach

But no, I could not touch him  
With such a heavy hand  
His star beyond my order  
His nakedness unmanned

I came so far for beauty  
I left so much behind  
My patience and my family  
My masterpiece unsigned

### ***Prayer over the Gifts***

O God,  
you delight not in pomp and show,  
but in a humble and contrite heart.  
Overturn our love of worldly possessions  
and fix our hearts more firmly on you,  
so that, having nothing,  
we may yet possess everything,  
a treasure stored up for us in heaven. **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.**

Blessed are you, gracious God, creator of heaven and earth,

because you bid your faithful people to cleanse their hearts

and to prepare with joy for the paschal feast; that reborn through the waters of baptism and renewed in the eucharistic mystery,

we may be more fervent in prayer

and more generous in the works of love.

Therefore we raise our voices to you in praise 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. 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**

We give thanks to you, Lord our God, for the goodness and love you have made known to us in creation; in calling Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus your Son.

For in these last days you sent him to be incarnate from the Virgin Mary, to be the Saviour and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you.

In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night he was handed over to suffering and death, a death he freely accepted, 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.”

Therefore, Father, according to his command,

**we remember his death,**

**we proclaim his resurrection,**

**we await his coming in glory;**

and we offer our sacrifice of praise and thanksgiving  
to you, Lord of all;

presenting to you, from your creation,

this bread and this wine.

We pray you, gracious God,

to send your Holy Spirit upon these gifts,



that they may be the sacrament  
of the body of Christ  
and his blood of the new covenant.  
Unite us to your Son in his sacrifice,  
that we, made acceptable in him,  
may be sanctified by the Holy Spirit.

In the fullness of time,  
reconcile all things in Christ,  
and make them new,  
and bring us to that city of light  
where you dwell with all your sons and daughters;  
through Jesus Christ our Lord,  
the firstborn of all creation,  
the head of the Church,  
and the author of our salvation;  
by whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
all honour and glory are yours, almighty Father, now  
and 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 this bread,

**Communion in Christ's body once broken.**

Let your Church be the wheat which bears its fruit in  
dying.

**If we have died with him, we shall live with him; if**

**we hold firm,  
we shall reign with him.**

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.*

### **Sonnet | The Verve**

My friend and me  
Looking through her red box of memories  
Faded I'm sure

But love seems to stick in her veins you know  
Yes, there's love if you want it  
Don't sound like no sonnet, my Lord

Yes, there's love if you want it  
Don't sound like no sonnet, my Lord  
My Lord

Why can't you see  
That nature has its way of warning me  
Eyes open wide  
Looking at the heavens with a tear in my eye  
Yes, there's love if you want it  
Don't sound like no sonnet, my Lord  
Yes, there's love if you want it  
Don't sound like no sonnet, my Lord  
My lord

Sinking faster than a boat without a hull  
My lord  
Dreaming about the day when I can see you there  
My side  
By my side

Here we go again and my head is gone, my lord  
I stop to say hello  
'Cause I think you should know, by now

By now

By now

By now

By now

Yes, there's love if you want it

Don't sound like no sonnet, my Lord

Yes, there's love if you want it

Don't sound like no sonnet, my Lord

My Lord

**We Are Sent**

***Prayer after Communion***

Let us pray.

*We pray silently.*

**God of compassion,**

**through your Son Jesus Christ you reconciled your people to yourself.**

**Following his example of prayer and fasting, may we obey you with willing hearts and serve one another in holy love; through 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***

**Lead Me| Alice Boman**

Don't know where I'm going  
Don't know where I'm going  
But I am not alone

Closer come closer  
Closer come closer  
You can't know what's to come

Lead me, Lead me, Lead me

When you look at me

When you look at me

I feel all exposed

I swear it feels like

I swear it feels like

You can see right through my soul

Lead me x 6

***Sending***

Go in peace to love and serve the Lord.

**Thanks be to God.**

## **St. Albans Staff**

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

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

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