

February 5, 2023  
at 10:00 a.m.

# The Booklet

Fifth Sunday after the Epiphany  
A Celebration of Holy Eucharist

*Livestream the service at*  
[www.facebook.com/saintalbans](http://www.facebook.com/saintalbans) or

[www.youtube.com/channel/UCdwV9f01mc4ymXD16YdNUBA](http://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.**

### ***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.**

### **From This Valley | The Civil Wars**

Oh the desert dreams of a river

That will run down to the sea

Like my heart longs for an ocean

To wash down over me

Oh won't you take me from this valley

To that mountain high above

Oh I will pray, pray, pray till I see your smiling face

I will pray, pray, pray to the one that I love

Oh the outcast dreams of acceptance  
Just to find pure love's embrace  
Like an orphan longs for its mother  
May you hold me in your grace

Oh won't you take me from this valley  
To that mountain high above  
Oh I will pray, pray, pray till I see your smiling face  
I will pray, pray, pray to the one that I love

Oh the caged bird dreams of a strong wind  
That will flow beneath her wings  
Like a voice longs for a melody  
Oh Jesus, carry me

Oh won't you take me from this valley  
To that mountain high above  
Oh I will pray, pray, pray till I see your smiling face  
I will pray, pray, pray to the one that I love

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

Let us pray.

*We pray silently.*

God of Israel, giver of love's law:  
liberate us from all that numbs compassion,  
so that we may find in your commands light undimmed and flavour  
undiminished; through Jesus Christ, fulfiller of the law. **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 58:1-12**

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**Ps 112:1-10**

Hallelujah! Happy are they who fear the Lord and have great delight in the divine commandments!

**Their descendants will be mighty in the land; the generation of the upright will be blessed.**

Wealth and riches will be in their house, and their righteousness will last for ever.

**Light shines in the darkness for the upright; the righteous are merciful and full of compassion.**

It is good for them to be generous in lending and to manage their affairs with justice.

**For they will never be shaken; the righteous will be kept in everlasting remembrance.**

They will not be afraid of any evil rumours; their heart is right; they put their trust in the Lord.

**Their heart is established and will not shrink, until they see their desire upon their enemies.**

They have given freely to the poor, and their righteousness stands fast for ever; they will hold up their head with honour.

**The wicked will see it and be angry; they will gnash their teeth and pine away; the desires of the wicked will perish.**

**The Second Reading: 1 Corinthians 2:1-16**

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

## **Justice Will Roll Down** | Sandra McCracken

Oh my love, you have grown so cold  
To the world outside, to the house next door  
She who has been loved much, has so much to give  
Mercy is the fragrance, of the broken

Justice will roll down, oh justice will roll down  
From high upon those mountains with a mighty river sound  
It will roll down  
It will roll down

Oh my child, I will be your light  
In your secret pain, in the dark of night  
No enemy, no conqueror, will steal your life from me  
I am your salvation, and your victory.

Justice will roll down, oh justice will roll down  
From high upon those mountains with a mighty river sound  
It will roll down  
It will roll down

Soon oh soon, when the trumpet sounds  
every knee shall bend, every heart will pound  
i have made a new world, where the servant is the King  
oppression will be over, and the slave set free

Justice will roll down, oh justice will roll down  
From high upon those mountains with a mighty river sound  
It will roll down  
It will roll down

## **The Gospel:** Matthew 5:13-20

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)*

**Every Grain of Sand** | Bob Dylan arr. Emmylou Harris

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  
And 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 a perfect finished plan  
Like every sparrow falling  
Like every grain of sand

***Prayer over the Gifts***

God of compassion and forgiveness,  
receive our offering this day,  
and make us one with Jesus who is our peace.

**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.*

### **Crowded Table | The Highway Women**

You can hold my hand

When you need to let go

I can be your mountain

When you're feeling valley-low

I can be your streetlight

Showing you the way home

You can hold my hand

When you need to let go

I want a house with a crowded table

And a place by the fire for everyone

Let us take on the world while we're young and able

And bring us back together when the day is done

If we want a garden

We're gonna have to sow the seed

Plant a little happiness

Let the roots run deep

If it's love that we give

Then it's love that we reap

If we want a garden

We're gonna have to sow the seed

Yeah I want a house with a crowded table  
And a place by the fire for everyone  
Let us take on the world while we're young and able  
And bring us back together when the day is done

The door is always open  
Your picture's on my wall  
Everyone's a little broken  
And everyone belongs  
Yeah, everyone belongs

I want a house with a crowded table  
And a place by the fire for everyone  
Let us take on the world while we're young and able  
And bring us back together when the day is done  
And bring us back together when the day is done

## **We Are Sent**

### ***Prayer after Communion***

Let us pray.

*We pray silently.*

**We give you thanks, almighty God,  
that you have refreshed us  
through the healing power of this gift of life.  
In your mercy, strengthen us through this gift,  
in faith toward you and in fervent love toward one another;  
for the sake 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

### ***Sending***

Go in peace to love and serve the Lord.

**Thanks be to God.**

### **Announcements**

**Concert** – St Albans is hosting [Mike Edel](#) in concert tonight! 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.

<https://us06web.zoom.us/j/84529341774?pwd=VTNzMWpWODZIMGREbFkzRGJTejczQT09>

Meeting ID: 845 2934 1774. Passcode: 098463

**Refugee Sponsorship Opportunity at St. Albans** – Meeting on Zoom on February 9th at 7:00 pm.

<https://us06web.zoom.us/j/85961523279?pwd=dGZFZGFVOEtzUnNKSXJFcUNHTIB4Zz09>

Meeting ID: 859 6152 3279. Passcode: 556219

In 2015 St. Albans decided to sponsor refugees from Syria who were fleeing their homes to escape the war. Two families arrived in mid and late 2016 and both families have settled well in Canada. One of the families – The Omar family – have family members who have also fled from Syria and are now in Lebanon living in difficult conditions. The Omar's have asked St. Albans to help their family by co-sponsoring with them, the two siblings of Mr. Omar and their families. Come to the meeting on February 9th to learn more about refugee sponsorship and how you can help bring the family of our Syrian friends to Canada.

For more information please contact Mary-Martha Hale and Don Desnoyers at [mmhale65@gmail.com](mailto:mmhale65@gmail.com).

**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.

**Bonus Song: Peace – Paula Best**

Broken conversations, broken people, we're broken, Lord.

Terrified illusions, seeking comfort, we're seeking more.

We need each other more than we need to agree.

Father, Son, Spirit bless us with your love; with your grace and peace.

Peace. Let there be peace

Let there be peace

Let there be peace

Let us see and not destroy. Let us listen. Let us listen.

Let us suspend judgment for the sake of love; for the sake of love.

We need each other more than we need to agree.

Father, Son, Spirit bless us with your love; with your grace and peace.

Love. Let there be love.

Let there be love.

Let there be peace.

## 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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