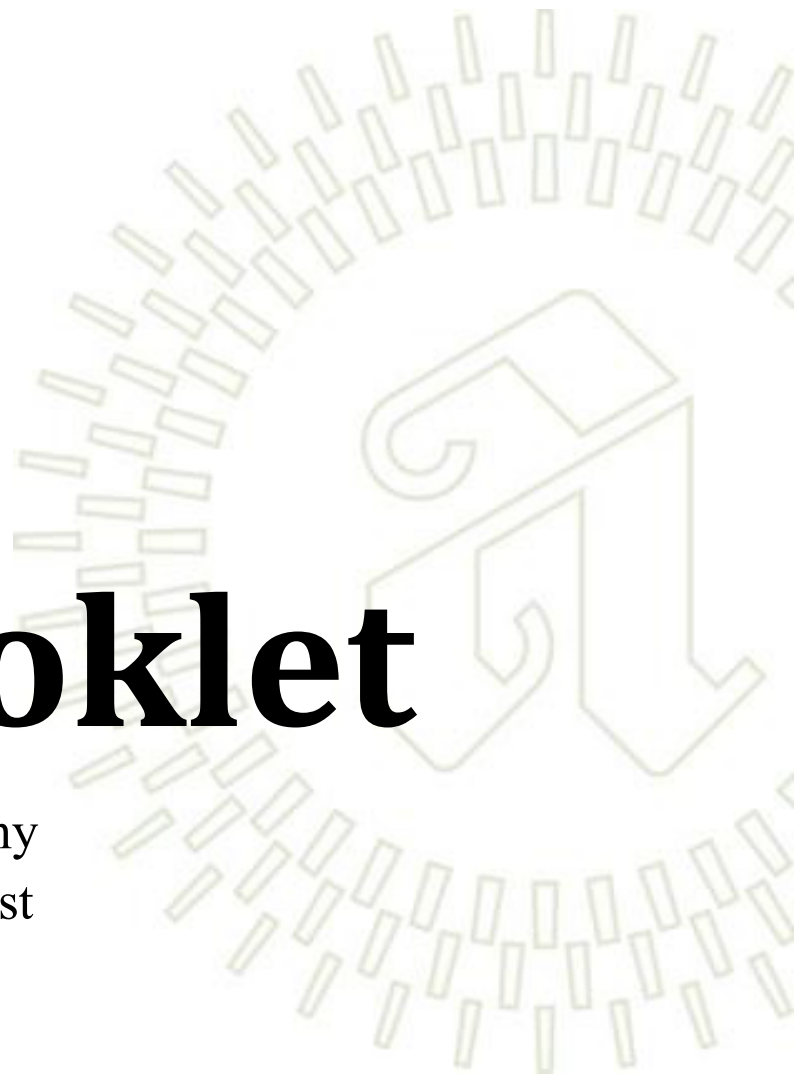


February 12, 2023  
at 10:00 a.m.

# The Booklet

Sixth 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/UCdwV9f](http://www.youtube.com/channel/UCdwV9f)*

*[01mc4ymXD16YdNUBA](https://www.youtube.com/watch?v=01mc4ymXD16YdNUBA)*



**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.**

**Open Up | The Brilliance**

You heard the cry of our hearts

And you came down

Freely you gave us your love

Showing us how

Make me an instrument of your peace

Where there is hatred let me show love

Where there is darkness let me shine light and

May your love cause us to open up  
Cause us to open up our hearts  
May your light cause us to shine so bright  
That we bring hope into the dark

All that we do without love  
It means nothing  
Grant us the courage to give  
As you're calling

Make me an instrument of your peace  
Where there is hatred let me show love  
Where there is darkness let me shine light and

May your love cause us to open up  
Cause us to open our hearts  
May your light cause us to shine so bright  
That we bring hope into the dark

Hope for the hopeless, your love is  
Strength in our weakness, your love is  
May we love, as you love

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May we love, as you love  
May we love, as you love  
May we love, as you love

May your love cause us to open up  
Cause us to open our hearts  
May your light cause us to shine so bright  
That we bring hope into the dark

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

Let us pray.

*We pray silently.*

Living One,  
in whose freedom creation was born as gift: free  
us from the need  
to possess, define and silence others, so that we  
might rejoice  
in the strangeness of your beauty revealed in



flesh and blood;  
through Jesus Christ, our reconciliation. **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:** Deuteronomy 30:15-20

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

## **Ps 119:1-8**

Happy are they whose way is blameless, who walk in the law of the Lord!

**Happy are they who observe your decrees and seek you with all their hearts;**

who never do any wrong, but always walk in your ways.

**You laid down your commandments, that we should fully keep them.**

Oh, that my ways were made so direct that I might keep your statutes!

**Then I should not be put to shame, when I regard all your commandments.**

I will thank you with an unfeigned heart, when I have learned your righteous judgements.

**I will keep your statutes; do not utterly forsake me.**

**The Second Reading: 1 Corinthians 3:1-9**

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 5:21-37

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)*

**Beautiful Things | Gungor**

You make beautiful things

You make beautiful things out of the dust

You make beautiful things

You make beautiful things out of us

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

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

You make beautiful things

You make beautiful things out of the dust

You make beautiful things

You make beautiful things out of us (x2)

You make me new, You are making me new

You make me new, You are making me new

You make beautiful things

You make beautiful things out of the dust

You make beautiful things

You make beautiful things out of us (x2)

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

Eternal God,

you are the strength of the weak and the  
comfort of sufferers,

receive all we offer you this day; turn our  
sickness into health

and our sorrow into joy. We ask this in the name  
of Jesus Christ the 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.*

## **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.*

**God of tender care,  
in this eucharist we celebrate your love for us  
and for all people.**

**May we show your love in our lives and know  
its fulfilment in your presence. We ask this in  
the name of Jesus Christ the 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 sister  
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 brother  
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

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

***Sending***

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

## Announcements

**Return Palm Crosses** – Please bring back your palm branches and palm crosses from last year's Palm Sunday service to the church on February 19<sup>th</sup>. It is the last Sunday before Lent. The crosses will be turned into the ashes for the Ash Wednesday Service, and the Ashes to go

**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!

**Ashes to Go** – St. Albans in conjunction with the Multi-Faith Chaplaincy is doing Ashes to Go at the corner of University Private and Cumberland.



It is the south most end of Cumberland, if you keep going you will run into Morriset Hall. We will be there 1130-130. Ashes to Go is a short simple time of prayer for people who want to participate in the ancient tradition of Ash Wednesday but a service on Wednesday evening is difficult to manage. It also allows us to promote the Multi-Faith Chaplaincy amongst students. All are welcome, and even if you are coming to the evening service at St. Albans, you are welcome to come and show your support!

**Ash Wednesday Service and Lent @ St. Albans –**  
We will gather at 730pm to start our Lenten journey together. We will be livestreaming the service.

**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

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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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