

February 26, 2023
at 10:00 a.m.

The Booklet

The First Sunday of Lent
A Celebration of Holy Eucharist

Livestream the service at
www.facebook.com/saintalbans or

www.youtube.com/channel/UCdwV9f01mc4ymXD16YdNUBA



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.

Bless the Lord who forgives all our sins.

His mercy endures for ever.

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.

Confession and Absolution

Dear Friends in Christ,

as we prepare for the Paschal Feast (Easter),

continuing in the apostles' teaching and fellowship,

in the breaking of bread, and in the prayers,
let us make ready our hearts
to renew the covenant of our baptism.

Let us ask God to bring to light
the things now hidden in darkness,
and to disclose to us the secret purposes of our hearts.
And most especially, let us remember the covenant of our baptism
and test our hearts and conscience
to know how faithfully we have persevered in resisting evil, and whenever
we fell into sin, have repented and returned to the Lord.

Silence

Holy and immortal God,
**you formed us from the dust in your image,
and redeemed us from sin and death
by the cross of our Saviour.
Through the washing of baptism
you raised us up with him
to share in the new covenant with all your holy people.
But we have squandered the inheritance of your saints,
and have wandered far in a land that is waste.
Therefore we turn to you in penitence and humility.
In your great mercy, forgive us and restore us,
that we may rejoice in your presence,
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.

Be still my Soul | Katharina Von Shlegel

Be still, my soul: The Lord is on your side;
With patience bear the cross of grief or pain.
Leave to your God to order and provide;
In every change he faithful will remain.
Be still, my soul: your best, your heav'nly Friend
Through thorny ways leads to a joyful end.

Be still, my soul: Your God will undertake
To guide the future and to guide the past.
Your hope, Your confidence let nothing shake;
All now mysterious shall be bright at last.
Be still, my soul: The waves and winds still know
The voice who ruled them while he lived below.

Be still, my soul: The hour is hastening on
When we shall be forever with the Lord,
When disappointment, grief, and fear are gone,
Sorrow forgot, love's purest joys restored.
Be still, my soul: When change and tears are past,
All safe and blessed we shall meet at last.

Collect of the Day

Let us pray.

We pray silently.

Spirit of the desert,
you drove Jesus to the edge of the world
to seek your truth and find his calling:
scour our hearts and awaken our hunger,
so that freed from empty clinging

we may serve only you and the Creator;
through Jesus Christ, the Lord of the wilds. **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: Genesis 2:15-17; 3:1-7

Hear what the Spirit is saying to the Church.

Thanks be to God.

Ps 32

Happy are they whose transgressions are forgiven,
and whose sin is put away!

**Happy are they to whom the Lord imputes no guilt,
and in whose spirit there is no guile!**

While I held my tongue, my bones withered away,
because of my groaning all day long.

**For your hand was heavy upon me day and night;
my moisture was dried up as in the heat of summer.**

Then I acknowledged my sin to you, and did not conceal my guilt.

I said, "I will confess my transgressions to the Lord." Then you forgave me
the guilt of my sin.

**Therefore all the faithful will make their prayers to you in time of trouble;
when the great waters overflow, they shall not reach them.**

You are my hiding-place; you preserve me from trouble;
you surround me with shouts of deliverance.

**"I will instruct you and teach you in the way that you should go;
I will guide you with my eye.**

Do not be like horse or mule, which have no understanding; who must be
fitted with bit and bridle, or else they will not stay near you."

**Great are the tribulations of the wicked;
but mercy embraces those who trust in the Lord.**

Be glad, you righteous, and rejoice in the Lord;
shout for joy, all who are true of heart.

The Second Reading: Romans 5:12-19

Hear what the Spirit is saying to the Church.

Thanks be to God.

What Do You Want Me To Do | Mike Scott

I've tried to do things my own way
And I've tried to do what people say
And I'm going nowhere fast
And I'm turning to you at last
What do you want me to do
What do you want me to do
What do you want me to do Lord

I can see the lights of home
But I can't get there on my own
I can see the landing slip
But I need you to steer my ship
What do you want me to do
What do you want me to do
What do you want me to do Lord

I've been a fool and I've been a clown
I let the enemy turn me around
I've wasted love and I've wasted time
I've been proud and I've been blind

I've got a lot of things to change
A whole person to rearrange
But if you'll show me how
I'll begin right now
What do you want me to do

What do you want me to do
What do you want me to do Lord
What do you want me to do Lord
I'm listening

The Gospel: Matthew 4:1-11

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.**

Lenten Prayers of the People

A modification of the Litany of Resistance (<https://empireremixed.com/resources/litany-of-resistance/>)

Lamb of God, you take away the sins of the world

Have mercy on us

Lamb of God, you take away the sins of the world

Free us from the bondage of sin and death

Lamb of God, you take away the sins of the world

Hear our prayer. Grant us peace.

For the victims of war. **Have mercy**

Women, men and children. **Have mercy**

The maimed and the crippled. **Have mercy**

The abandoned and the homeless. **Have mercy**

the imprisoned and the tortured. **Have mercy**

The widowed and the orphaned. **Have mercy**

The bleeding and the dying. **Have mercy**

The weary and the desperate. **Have mercy**

The lost and the forsaken. **Have mercy**

O God — Have mercy on us sinners

Forgive us for we know not what we do

For our scorched and blackened earth. **Forgive us**

For the scandal of billions wasted in war. **Forgive us**

For our arms makers and arms dealers. **Forgive us**

For our Caesars and Herods. **Forgive us**

For the violence that is rooted in our hearts. **Forgive us**

For the times we turn others into enemies. **Forgive us**

Deliver us, O God. **Guide our feet into the way of peace**
Hear our prayer. **Grant us peace.**

From the arrogance of power. **Deliver us**
From the myth of redemptive violence. **Deliver us**
From the tyranny of greed. **Deliver us**
From the ugliness of racism. **Deliver us**
From the cancer of hatred. **Deliver us**
From the seduction of wealth. **Deliver us**
From the addiction of control. **Deliver us**
From the idolatry of nationalism. **Deliver us**
From the paralysis of cynicism. **Deliver us**
From the violence of apathy. **Deliver us**
From the ghettos of poverty. **Deliver us**
From the ghettos of wealth. **Deliver us**
From a lack of imagination. **Deliver us**

Deliver us, O God. **Guide our feet into the way of peace**
We will not conform to the patterns of this world
Let us be transformed by the renewing of our minds
With the help of God's grace
Let us resist evil wherever we find it

With the waging of war. **We will not comply**
With the slaughter of innocents. **We will not comply**
With laws that betray human life. **We will not comply**
With the destruction of community. **We will not comply**
With the pointing finger and malicious talk. **We will not comply**
With the idea that happiness must be purchased. **We will not comply**
With the ravaging of the earth. **We will not comply**
With principalities and powers that oppress. **We will not comply**
With the destruction of peoples. **We will not comply**
With governments that kill. **We will not comply**
With the theology of empire. **We will not comply**
With the business of militarism. **We will not comply**
With the hoarding of riches. **We will not comply**
With the dissemination of fear. **We will not comply**

Today we pledge our ultimate allegiance... to the Kingdom of God

We pledge allegiance

To a peace that is not like Rome's. **We pledge allegiance**

To the Gospel of enemy love. **We pledge allegiance**

To the Kingdom of the poor and broken. **We pledge allegiance**

To a King that loves his enemies so much he died for them

We pledge allegiance

To the least of these, with whom Christ dwells. **We pledge allegiance**

To the trans-national Church that transcends the artificial borders of nations

We pledge allegiance

To the refugee of Nazareth. **We pledge allegiance**

To the homeless rabbi who had no place to lay his head. **We pledge**

allegiance

To the cross rather than the sword. **We pledge allegiance**

To the banner of love above any flag. **We pledge allegiance**

To the one who rules with a towel rather than an iron fist.

We pledge allegiance

To the one who rides a donkey rather than a war-horse. **We pledge allegiance**

To the revolution that sets both oppressed and oppressors free

We pledge allegiance

To the Way that leads to life. **We pledge allegiance**

To the Slaughtered Lamb. **We pledge allegiance**

And together we proclaim his praises, from the margins of the empire to the centres of wealth and power. **Long Live the Slaughtered Lamb**

Long Live the Slaughtered Lamb. **Long Live the Slaughtered Lamb**

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

Out of The Depths | Sinead O'Connor

Out of the depths I cry to you, oh Lord
Don't let my cries for mercy be ignored
If you keep a count of sins oh who would stand?
But you have forgiveness in your hands

And I've heard religion say you're to be feared
But I don't buy into everything I hear
And it seems to me you're hostage to those rules
That were made by religion and not by you

And I'm wondering will you ever get yourself free
Is it bad to think you might need help from me?
Is there anything my little heart can do
To help religion share us with you?

For oh your like a ghost in your own home
Nobody hears you crying all alone
Oh you are the one truly voiceless one
They have their back turned toward you
For worship of gold and stone.

And to see you prisoner oh makes me weep
Nobody hears you screaming in the streets
And it's sad but true how the old saying goes
If God lived on earth people would
Break his windows.

I long for you as a watchman longs
For the end of night...

Prayer over the Gifts

God our provider,
you have not fed us with bread alone,
but with words of grace and life.
Bless us and these your gifts,
which we receive from your bounty,
through Jesus Christ our 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.

Blessed are you, gracious God, creator of heaven and earth;
we give you thanks and praise
through Jesus Christ our Lord,
who was tempted in every way, yet did not sin.

By his grace we are able to triumph over every evil, and to live no longer for
ourselves alone,

but for him who died for us and rose again.
Therefore with angels and archangels
and all who have served you in every age,
we raise our voices 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, God, 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 children;
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, 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.

May This Be Love | Jimi Hendrix (arr. Emmy-Lou Harris)

Waterfall

Nothing can go wrong

Nothing can go wrong

My sweet waterfall

When I go

When I go down deep

I want you here with me

My sweet waterfall

I can see

A rainbow calling me

Through your mystery

My sweet waterfall

Waterfall

For a million day

Fall with me for a million days

My sweet waterfall

Waterfall

Nothing can go wrong

Nothing can go wrong

My sweet waterfall

Nothing can go wrong

My sweet waterfall

We Are Sent

Prayer after Communion

Let us pray.

We pray silently.

**Compassionate God,
you have fed us with the bread of heaven.
Sustain us in our Lenten pilgrimage;
may our fasting be hunger for justice;
our alms, a making of peace;
and our prayer, the song of grateful hearts;
through Jesus Christ, our Saviour and 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

Doxology | Sandra McCracken

To Him Who Is Able
To Keep you from falling

To Him, to Him, to Him
To Him, to Him, to Him

To Him Who Is Able
To Keep you from falling

To Him, to Him, to Him
To Him, to Him, to Him

We are standing in his presence with our garments clean and white
All Glory, honour, power majesty to Jesus Christ

Sending

Go forth into the world, rejoicing in the power of the Spirit.

Thanks be to God.

Announcements

Vestry – Our annual General meeting is on Wednesday March 8th on Zoom. The vestry report will be available online by March 1st. Please consider attending this important meeting of our parish that will both inform and delight.

Join Zoom Meeting

<https://us06web.zoom.us/j/82751091654?pwd=Wm5FS2Q4bkNkWU9RZWkwWE1NaIZjQT09>

Meeting ID: 827 5109 1654

Passcode: 714098

Parish Retreat – We are having a parish retreat at St. Albans on March 25th 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.

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

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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