

Thursdays at 8:00 a.m.

The Booklet

An Online Service of Morning Prayer

Join the Service at:

www.facebook.com/saintalbans or on [YouTube](#)



ST ALBANS

Spirit-Led. Christ-Centred. Contemporary Urban Church

Welcome/Bienvenue

Welcome to St. Albans, worshipping in and livestreaming from beautiful downtown Ottawa, Ontario, Canada. On Thursdays for 30 weeks beginning on October 13th we are going to pray our way through the Book of Psalms in the context of a morning prayer service. Given the respite care in the church nave (where the congregation sits) we will be doing this service online only. We will use this booklet during the Season of Lent, to February 23rd to March 23rd.

Join us online via livestream at www.facebook.com/saintalbans or www.youtube.com/channel/UCdwV9f01mc4ymXD16YdNUBA.

Land Acknowledgement

St. Albans gathers on the unceded territory of the Algonquin Anishnaabeg people. We remember the Indigenous peoples on whose land we are gathered, wherever we are. Our acknowledgement is also a statement of our commitment to the ongoing work of reconciliation with our Indigenous neighbours.

A Penitential Office

If any want to become my followers, let them deny themselves and take up their cross and follow me. *Mark 8.34*

Let us confess our sins against God and our neighbour.

God of all mercy,

**we confess that we have sinned against you,
opposing your will in our lives.**

**We have denied your goodness in each other,
in ourselves and in the world you have created.**

**We repent of the evil that enslaves us,
the evil we have done
and the evil done on our behalf.**

**Forgive, restore and strengthen us through
our Saviour Jesus Christ,
so that we may abide in your love
and serve only your will. Amen.**

May the God of love and power
forgive you and free you from your sins,
heal and strengthen you by the Holy Spirit
and raise you to new life in Jesus Christ. Amen.

Introductory Responses

O Lord, open our lips

and our mouth shall proclaim your praise.

Hear our voice, O Lord, according to your faithful love,

according to your judgement give us life.

Blessed are you, God of compassion and mercy,
to you be praise and glory for ever.

In the darkness of our sin,

your light breaks forth like the dawn

and your healing springs up for deliverance.

As we rejoice in the gift of your saving help,

sustain us with your bountiful Spirit

and open our lips to sing your praise.

Blessed be God: Source of all being, eternal Word and Holy Spirit.

Blessed be God for ever.

The Psalms

In this season we are praying through together the Book of Psalms. The appointed psalms for each week are in the below table. We will read from the The Psalter of The Book of Alternative Services Emended for Contemporary Liturgical Use found [here](https://www.anglican.ca/wp-content/uploads/GS2016-Liturgical-Psalter-2016-05-04.pdf). <https://www.anglican.ca/wp-content/uploads/GS2016-Liturgical-Psalter-2016-05-04.pdf>

February 23 (week 20) – Psalm 93-99

March 2 (week 21) – Psalm 100-103

March 9 (week 22) – Psalm 104-106

March 16 (week 23) – Psalm 107-109

March 23 (week 24) – Psalm 110-118

At the end of the appointed Psalms we will say

Glory to the holy and undivided Trinity, one God:

as it was in the beginning, is now and will be for ever. Amen.

The Responsory

Incline your ear to me; make haste to answer when I call.

Incline your ear to me; make haste to answer when I call.

Lord, hear my prayer and let my cry come before you.

Make haste to answer when I call.

Hide not your face from me in the day of my trouble.

Make haste to answer when I call.

You endure for ever and your name from age to age.

Make haste to answer when I call.

You will arise and have compassion on Zion,
for it is time to have pity upon her.

Make haste to answer when I call.

The Canticle - A Song of Humility (Hosea 6:1-6)

Come let us return to the Lord who has torn us and will heal us.

God has stricken us and will bind up our wounds.

After two days, God will revive us, and on the third day will raise us up,
so that we may live in the presence of the Lord.

Let us strive to know the Lord, whose appearing is as sure as the sunrise.

God will come to us like the showers,
like the spring rains that water the earth.

‘O Ephraim, how shall I deal with you? How shall I deal with you, O Judah?

‘Your love for me is like the morning mist, like the dew that goes early
away. Therefore, I have hewn them by the prophets, and my judgement
goes forth as the light. For loyalty is my desire and not sacrifice,
and the knowledge of God rather than burnt offerings.’

Glory to God, Source of all being, eternal Word and Holy Spirit:
as it was in the beginning, is now and will be for ever. Amen.

The Litany

Let us offer our intercessions, petitions and thanksgivings, saying, ‘God of
our ancestors, hear our prayer.’

For the one holy catholic and apostolic Church throughout the world,
God of our ancestors, hear our prayer.

For the mission of the Church,
that in faithful witness it may preach the gospel to the ends of the earth,
God of our ancestors, hear our prayer.

For those preparing for baptism
and for their teachers and sponsors,
God of our ancestors, hear our prayer.

For peace in the world,
that a spirit of respect and reconciliation may grow among nations and
peoples, **God of our ancestors, hear our prayer.**

For the poor, the persecuted, the sick and all who suffer; for refugees,
prisoners and all in danger; that they may be relieved and protected,
God of our ancestors, hear our prayer.

For all whom we have injured or offended,
God of our ancestors, hear our prayer.

For grace to amend our lives and to further your reign,
God of our ancestors, hear our prayer.

Collect(s)

February 23 and March 2

God of wilderness and water, your Son was baptized and tempted as we
are. Guide us through this season, so that we may not avoid struggle, but
open ourselves to blessing, through the cleansing depths of repentance
and the heaven-rending words of the Spirit. **Amen.**

March 9

Artist of souls, you sculpted a people for yourself out of the rocks of
wilderness and fasting. Help us as we take up your invitation to prayer and
simplicity, so that the discipline of these forty days may sharpen our hunger
for the feast of your holy friendship and whet our thirst for the living water
you offer through Jesus Christ. **Amen.**

March 16

God of the covenant, in the glory of the cross your Son embraced the power of death and broke its hold over your people. In this time of repentance, draw all people to yourself, so that we who confess Jesus as Lord may put aside the deeds of death and accept the life of your kingdom. **Amen.**

March 23

*God of the living, through baptism we pass from the shadow of death to the light of the resurrection. Remain with us and give us hope so that, rejoicing in the gift of the Spirit who gives life to our mortal flesh, we may be clothed with the garment of immortality, through Jesus Christ our Lord. **Amen.***

The Lord's Prayer

Trusting in the compassion of God
and gathering our prayers and praises into one,
let us pray as our Saviour taught us,
**Our 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 Dismissal

Let us bless the Lord.
Thanks be to God.

May God our Redeemer show us compassion and love. **Amen.**