

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

The Booklet

The Third Sunday of Lent
A Celebration of Holy Eucharist



Livestream the service at

www.facebook.com/saintalbans or

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

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.

For the Beauty of the Earth | Folliott Sandford
Pierpoint

For the beauty of the earth,
For the glory of the skies,
For the love which from our birth
Over and around us lies.

Lord of all, to thee we raise
This, our hymn of grateful praise.

For the wonder of each hour
Of the day and of the night,
Hill and vale and tree and flower,
Sun and moon and stars of light,

Lord of all, to thee we raise
This, our hymn of grateful praise

For each perfect gift of Thine,
To our world so freely given,

Graces human and divine,
Peace on earth and joy in heaven.
Lord of all, to thee we raise
This, our hymn of grateful praise

Collect of the Day

Let us pray.

We pray silently.

Gracious God,
you provide us with living water in abundance for all
to share.

Nourish us with this abundance,
so that we may be streams of living water to those
who thirst for you;
through Jesus Christ, the rock of our salvation.

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: Exodus 17:1-7

Hear what the Spirit is saying to the Church.

Thanks be to God.

Ps 95

Come, let us sing to the Lord;

let us shout for joy to the rock of our salvation.

Let us come before the presence of the Lord with thanksgiving

and raise a loud shout to God with psalms.

For you, O Lord, are a great God, and a great sovereign above all gods.

In your hand are the caverns of the earth, and the heights of the hills are yours also.

The sea is yours, for you made it,

and your hands have moulded the dry land.

Come, let us bow down, and bend the knee, and kneel before the Lord our Maker.

For you are our God, and we are the people of your pasture and the sheep of your hand. Oh, that today

we would hearken to your voice!

“Harden not your hearts, as your forebears did in the wilderness, at Meribah, and on that day at Massah, when they tempted me.

They put me to the test, though they had seen my works.

Forty years long I detested that generation and said, ‘This people are wayward in their hearts; they do not know my ways.’

So I swore in my wrath, ‘They shall not enter into my rest.’”

The Second Reading: Romans 5:1-11

Hear what the Spirit is saying to the Church.

Thanks be to God.

Christ in You | Mike Scott

I'm gonna look twice at you
Until I see the Christ in You
I'm gonna look twice at you
Until I see the Christ in You

When I'm looking through the eyes of love
When I'm looking through the eyes of love
When I'm looking through the eyes of love
When I'm looking through the eyes...

The Gospel: John 4:5-42

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

And also with you.

The Holy Gospel of our Lord Jesus Christ according to
John

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

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

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 judgement 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 love.

Prayer over the Gifts

Spring of life and Source of goodness,
receive all we offer you this day,
and bring us to the living water,
Jesus Christ, your Son 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.

I Heard the Voice of Jesus Say | Horatius Bonar

I heard the voice of Jesus say,
“Come unto me and rest;
Lay down, thou weary one, lay down
Thy head upon my breast.”
I came to Jesus as I was,
Weary, and worn, and sad;
I found in Him a resting place,
And He has made me glad.

I heard the voice of Jesus say,
“Behold, I freely give
The living water, thirsty one;
Stoop down and drink and live.”
I came to Jesus, and I drank
Of that life-giving stream;
My thirst was quenched, my soul revived,

And now I live in Him.

I heard the voice of Jesus say,
“I am this dark world's light.
Look unto me; thy morn shall rise
And all thy days be bright.”
I looked to Jesus, and I found
In Him my star, my sun;
And in that light of life I'll walk
Till travelling days are done.

We Are Sent

Prayer after Communion

Let us pray.

We pray silently.

**God of our pilgrimage,
we have found the living water.
Refresh and sustain us
as we go forth on our journey,
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

Behold | Natalie Taylor Leonhardt
The empty filled, the wounded healed
The broken back together
The poor are blessed, the weary rest
We will dance forever

The blinded see, the chained are free
The doubtful now believer
The outcast known, the orphan home
You are my Redeemer

Behold, behold, behold what love can do
Behold, behold, He's making all things new

The lost return, the voiceless heard
The mourner now rejoicing
The mountains shake, the world awake
Creation all composing

The sad untrue, the earth renewed
The song has found its singer
The darkness light, the dead alive
You are my Redeemer

Behold, behold, behold what love can do
Behold, behold, He's making all things new

We've been struck down, we're not destroyed
We've sown in tears, we'll reap in joy
We've been struck down, we're not destroyed
We've sown in tears, we'll reap in joy

My eye are open...

Behold, behold, behold what love can do
Behold, behold, He's making all things new

Sending

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

Thanks be to God.

Announcements

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.

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.

Service of Lament – We are hosting the participants of the Ottawa Chaplaincy for a meal and then a service of lament on March 28th at 530pm. All students are welcome. If you would like to contribute a dessert to complement the meal – that would be most welcome.

Holy Week @ St. Albans

April 6 @ 6pm –Maundy Thursday service

We will gather, in person and online, and recall the last night before Jesus' death.

April 7 @ 10am – Good Friday Service

We gather as a parish for our Good Friday service, in person and online.

April 8 @ 740pm – Easter Vigil

The Liturgy Club (our youth) will lead us through an Easter Vigil service, beginning on the Daly Ave lawn before moving into the church.

April 9 @ 10am – Easter Sunday!

We gather as a parish in person and online to celebrate the resurrection of Jesus! Don't forget to bring back your pieces of pottery.

St Albans Committees/Groups

Building Committee – Campbell Osler

Daly Lawn task force – Robyn Sulkko

Altar Care – Mary-Martha Hale

Liturgy Club – Rosaline Hill

Welcome and Care Team – Jennifer Parr

Prayers of the People and Reading Coordinator –
Rochelle Garner

Hospitality – Nikki Lemire

Wednesday Morning Bible Study – Mary-Martha
Hale

Read Love Pray (Wednesday book study) – Leah
Seabrook

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

Church Administration office@stalbanschurch.ca

St. Albans Wardens

Michelle Sorenson, Warden

michelle.rg.sorenson@gmail.com

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Leah Seabrook, Deputy Warden

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