

March 19, 2023
at 10:00 a.m.

The Booklet

The Fourth 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.

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

Collect of the Day

Let us pray.

We pray silently.

Creator and Healer,
you work your Sabbath will in the chaos of our life:
teach us the insight that gives true judgement
and praises you wherever you are found,
making miracles from spit and mud;
through Jesus Christ, the Son of earth. **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: 1 Samuel 16:1-13

Hear what the Spirit is saying to the Church.

Thanks be to God.

Ps 23

The Lord is my shepherd; I shall not be in want.

You make me lie down in green pastures and lead me beside still waters.

You revive my soul and guide me along right pathways for your name's sake.

Though I walk through the valley of the shadow of death, I shall fear no evil; for you are with me; your rod and your staff, they comfort me.

You spread a table before me in the presence of those who trouble me; you have anointed my head with oil, and my cup is running over.

Surely goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord for ever.

The Second Reading: Ephesians 5:8-14

Hear what the Spirit is saying to the Church.

Thanks be to God.

Beautiful Things | Gungor

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)

The Gospel: John 9:1-41

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

Behold | Mission House

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 eyes are open
Behold, behold

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

He's making all things new
He's making all things new
He's making all things new

Prayer over the Gifts

God of light,
your Word brings to us a new vision of your glory.
Accept our offering of praise and thanksgiving,
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.*

All Belong Here | The Many

When you're not sure who you really are
When all you feel is the shape of your scars
And you have more wounds than you can count
Open your eyes, look all around
You aren't alone, this is your home

Chorus:

Come and remember who you are here

Do this to remember who I am
Come and remember you belong here
All belong here

When you don't know how to forgive
When locked doors seem like the only way to live
And you've got more questions than you can count
Open your eyes, look all around
You aren't alone, this is your home

Chorus:
Come and remember who you are here
Do this to remember who I am
Come and remember you belong here
All belong here

Bridge
At this table come as you are
Broken and bleeding's ok
At this table eat and be filled
Come and drink in this grace.

Chorus:
Come and remember who you are here
Do this to remember who I am
Come and remember you belong here
All belong here

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

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

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 @ 630pm –Maundy Thursday Parish Meal

We will gather, in person and recall the last night before Jesus' death while sharing a meal.

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 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

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