

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

# The Booklet

The Fifth Sunday of Lent  
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.**

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.**

**Holy, Holy, Holy** | Reginald Heber

Holy, holy, holy! Lord God Almighty

Early in the morning our song shall rise to Thee

Holy, holy, holy! Merciful and mighty

God in three persons, blessed Trinity!

Holy, holy, holy! All the saints adore Thee,

Casting down their golden crown around the glassy  
sea;

Cherubim and seraphim falling down before Thee

Which wert and art and evermore shall be.

Holy, holy, holy! Though the darkness hide Thee

Though our sinful human gaze Thy glory may not see

Only Thou art holy; there is none beside Thee

Perfect in power, in love and purity

Holy, holy, holy! Lord God Almighty



All Thy works shall praise Thy name in earth and sky  
and sea

Holy, holy, holy! Merciful and mighty  
God in three persons blessed Trinity

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

Let us pray.

*We pray silently.*

God of compassion,  
you call us out of the bindings of death  
on this, our resurrection day:  
make us ready to surrender the fear in which we  
hide to step into your future alive and unashamed;  
through Jesus Christ, the life of the world. **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: Ezekiel 37:1-14**

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

## **Ps 130**

Out of the depths have I called you, O Lord;  
**Lord, hear my voice; let your ears consider well the voice of my supplication.**

If you, Lord, were to note what is done amiss, O Lord, who could stand?

**For there is forgiveness with you; therefore you shall be feared.**

I wait for you, O Lord; my soul waits for you; in your word is my hope.

**My soul waits for you, O Lord, more than sentinels for the morning,  
more than sentinels for the morning.**

O Israel, wait for the Lord, for with the Lord there is mercy;

**with whom there is plenteous redemption, and who shall redeem Israel from all their sins.**

## **The Second Reading: Romans 8:6-11**

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**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

I long for you as a watchman longs

For the end of night...

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 you're 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 to you for worship of gold and  
stone.

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

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...

**The Gospel:** John 11:1-45

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***

Let us pray.

It is dry, Lord, so very dry.

And the bones are so many.

**Come, Lord, come to the desert, come to these dry  
bones.**

Come to this world of violence,  
come to this world hell bent on death,  
this pageantry of suffering,  
and end this endless night.

*silent and spoken prayers for our world*

It is dry, Lord, so very dry. And the bones are so many.

**Come, Lord, come to the desert, come to these dry bones.**

It is quiet, Lord, so quiet. There is no voice, there is no word.

**Come, Lord, come and speak your word, prophesy us back to life**

Come to this culture of death,  
breathe life into these skeletons in our closets,  
move the air into a song of mercy.

*silent and spoken words for life to flower out of death, in our culture, our lives, the church*

It is quiet, Lord, so quiet. There is no voice, there is no word.

**Come, Lord, come and speak your word, prophesy us back to life**

It is still, Lord, so still. There is hardly a whisper of wind,  
the spirit is nowhere to be found.

**Come, Holy Spirit, come. Come and give life where there is death,  
Come and bring healing in our midst.**

Come, Holy Spirit, we're stumbling down this driveway of desire, we've worn through the elbows and knees of our clothing, crying out for you.

*silent and spoken prayers for all who are sick or in any kind of need*

It is still, Lord, so still. There is hardly a whisper of wind,



the spirit is nowhere to be found.

**Come, Holy Spirit, come. Show us your beauty.  
Show us the other side of sorrow, Show us the  
other side of rage.**

**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)*

**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***

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.*

## **I Don't Have Much | Mission House**

How can I respond

To the love that You have lavished on me?

How can I respond

To the love that You have lavished on me?

I don't have much, I don't have much

But I have a heart that beats for You

I have a heart that beats for You

Every part of me

Wants to love You like You've loved me, Lord

Every part of me

Wants to love You like You've loved me, my Lord

I don't have much, I don't have much

But I have a heart that beats for You

I have a heart that beats for You

I have a heart that beats for You (4x)

I have a life I'll give to You (4x)

I don't have much, I don't have much  
But I have a heart that beats for You  
I have a heart that beats for You

**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

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

**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.

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

**Website** – We are looking to refresh the photos on the St. Albans website, many predate the pandemic.

So if you have a high resolution photo that you think would be good on the website, please upload to our google folder. Specifically, we are looking for photos of the people and activity of our Parish.

[https://drive.google.com/drive/folders/1B5nFUa50MUVi-5AanzUEwTAEU2\\_Zf7IZ?usp=sharing](https://drive.google.com/drive/folders/1B5nFUa50MUVi-5AanzUEwTAEU2_Zf7IZ?usp=sharing)

## **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](mailto: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](mailto:office@stalbanschurch.ca)

## **St. Albans Wardens**

Michelle Sorenson, Warden

[michelle.rg.sorenson@gmail.com](mailto:michelle.rg.sorenson@gmail.com)

Robyn Sulkko, Warden [robynsulkko@hotmail.com](mailto:robynsulkko@hotmail.com)

Leah Seabrook, Deputy Warden

## **St. Albans Church**

454 King Edward Ave at Daly

Ottawa, ON K1N 7M8



613-236-0342

[office@stalbanschurch.ca](mailto:office@stalbanschurch.ca)

[www.stalbanschurch.ca](http://www.stalbanschurch.ca)



# ST ALBANS

*Spirit-Led. Christ-Centred. Contemporary Urban Church*