

March 5, 2023  
at 10:00 a.m.

# The Booklet

The Second 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.**

**In Christ Alone** | Kieth and Kristine Getty

In Christ alone my hope is found  
He is my light, my strength, my song  
This cornerstone, this solid ground  
Firm through the fiercest drought and storm  
What heights of love, what depths of peace  
When fears are stilled, when strivings cease  
My comforter, my all in all  
Here in the love of Christ I stand

In Christ alone who took on flesh  
Fullness of God in helpless babe  
This gift of love and righteousness  
Scorned by the ones He came to save  
Till on that cross as Jesus died  
The wrath of God was satisfied  
For every sin on Him was laid  
Here in the death of Christ I live

There in the ground His body lay  
Light of the world by darkness slain  
Then bursting forth in glorious day  
Up from the grave He rose again  
And as He stands in victory  
Sin's curse has lost its grip on me  
For I am His and He is mine  
Bought with the precious blood of Christ

No guilt in life, no fear in death  
This is the power of Christ in me  
From life's first cry to final breath  
Jesus commands my destiny

No power of hell, no scheme of man  
Can ever pluck me from His hand  
Till He returns or calls me home  
Here in the power of Christ I'll stand

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

Let us pray.

*We pray silently.*

Holy God,  
whose Spirit's breath prompts our seeking:  
transform the night-time of our fear  
into a welcoming womb for us and all the world;  
through Jesus Christ, in whom we are born anew. **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 12:1-4a

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

### **Ps 121**

I lift up my eyes to the hills; from where is my help to come?

**My help comes from the Lord, the maker of heaven and earth.**

The Lord will not let your foot be moved and the One who watches over you will not fall asleep.

**Behold, the One who keeps watch over Israel shall neither slumber nor sleep.**

The Lord, the Lord, watches over you; the Lord is your shade at your side,  
**so that the sun shall not strike you by day, nor the moon by night.**

The Lord shall preserve you from all evil and shall keep you safe.

**The Lord shall watch over your going out and your coming in, from this time forth for evermore.**

**The Second Reading:** Romans 4:1-5, 13-17

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**The Detour** | Savannah Locke, Sarah Kroger, Tamar Chipp

Don't let my heart grow cold or despise the wait  
This is not unkindness; this is not disgrace  
I am not passed over in my suffering  
You hold my broken heart and my broken dreams  
Your love has held me warmly through the night  
And I have seen Your faithfulness with my own eyes

*Chorus:*

You've been good to me; I am safe to hope  
I will dare to believe when the way is long and slow  
And I am full of doubt, but You are kind and close  
I will trust the detour is the road

I will not pretend that it comes easily  
To follow when I'm sure I know what's best for me  
I've got lots of questions, but I know the truth  
That I have never lived a day apart from You  
And somehow ev'ry unexpected climb  
Makes Your goodness that much harder to deny

*Chorus*

This time will not be wasted, all the sorrow I have tasted  
You sing hope across the valley of my tears

Sometimes love looks like delay, but You walk me through the wait  
And I am learning laughter even here  
You are with me here

*Chorus*

You've been good to me; I am safe to hope  
I will dare to believe when the way is long and slow  
And I am full of doubt, but You are kind and close  
And I will trust, oh, trust  
The detour is the road  
The detour is the road

**The Gospel:** John 3:1-17

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.**

## **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 affirm our true allegiance... to the Kingdom of God

**We affirm allegiance**

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

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

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

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

**We affirm allegiance**

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

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

**We affirm allegiance**

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

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

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

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

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

**We affirm allegiance**

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

To the revolution that sets both oppressed and oppressors free

**We affirm allegiance**

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

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

And together we proclaim his praises, from the margins of the empire to the centres of wealth and power. **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)*

### **All Belong Here | Lenora and Hannah Rand**

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*

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*

***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.*

**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 peace

Peace, let there be peace  
Let there be peace  
Let there be peace.

**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***

#### **The Middle | Jimmy Eat World**

Hey, don't write yourself off yet  
It's only in your head, you feel left out  
Or looked down on  
Just try your best  
Try everything you can  
And don't you worry what they tell themselves  
When you're away

It just takes some time  
Little girl, you're in the middle of the ride

Everything, everything'll be just fine  
Everything, everything'll be alright, alright  
Hey, you know they're all the same

You know you're doing better on your own  
So don't buy in  
Live right now  
Yeah, just be yourself  
It doesn't matter if it's good enough  
For someone else

It just takes some time  
Little girl, you're in the middle of the ride  
Everything, everything'll be just fine  
Everything, everything'll be alright, alright  
It just takes some time  
Little girl, you're in the middle of the ride  
Everything, everything'll be just fine  
Everything, everything'll be alright, alright

Hey, don't write yourself off yet  
It's only in your head, you feel left out Or looked down on  
Just do your best  
Do everything you can  
And don't you worry what their bitter hearts  
Are gonna say

It just takes some time  
Little girl, you're in the middle of the ride  
Everything, everything'll be just fine  
Everything, everything'll be alright, alright  
It just takes some time  
Little girl, you're in the middle of the ride  
Everything, everything'll be just fine

Everything, everything'll be alright

### ***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 8<sup>th</sup> on Zoom. The vestry report will be available! It was sent to the mailing list, if you would like a copy please reach out to Rev. Michael. 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=Wm5FS2Q4bkNkWU9RZWkwWE1NaZjQT09>

Meeting ID: 827 5109 1654

Passcode: 714098

**Parish Retreat** – We are having a parish retreat at St. Albans on March 25<sup>th</sup> 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

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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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