

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 Passiontide, March 30th and April 6th

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.

Introductory Responses

O Lord, open our lips
and our mouth shall proclaim your praise.
Let your ways be known upon earth,
your saving help among the nations.

Blessed are you, God of our salvation,
to you be praise and glory for ever.
Full of sorrows and acquainted with grief, Christ was lifted up
so that he might draw the whole world to himself. May we walk this day in
the way of the cross
and always be ready to share its weight,
declaring your love for all the world.

Blessed be the holy and undivided Trinity, one God.
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>

March 30 (week 25) – Psalm 119

April 6 (week 26) – Psalm 120-127

*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

We adore you, O Christ, and we bless you;

by your holy cross, you have redeemed the world.

God chose what is weak in the world to shame the strong.

We adore you, O Christ, and we bless you.

We preach Christ crucified,
the power of God and the wisdom of God.

By your holy cross, you have redeemed the world.

God forbid that we should glory,
save in the cross of our Lord Jesus Christ.

We adore you, O Christ, and we bless you;

by your holy cross, you have redeemed the world.

The Canticle - A Song of Jonah (Jonah 2.2-7, 9)

I called to you, O God, out of my distress and you answered me;

out of the belly of Sheol I cried, and you heard my voice.

You cast me into the deep, into the heart of the seas,

and the flood surrounded me, all your waves and billows passed over me.

Then I said, I am driven away from your sight:

how shall I ever look again upon your holy temple?

The waters closed in over me, the deep was round about me;

weeds were wrapped around my head * at the roots of the mountains.

I went down to the land whose bars closed on me for ever, yet you brought up my life from the depths, O God.

As my life was ebbing away, I remembered you, O God, and my prayer
came to you, into your holy temple
With the voice of thanksgiving, I will sacrifice to you;
what I have vowed I will pay: deliverance belongs to the Lord!

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.

Affirmation of Faith – Hear O Israel

**Hear, O Israel,
the Lord our God, the Lord is one. Love the Lord your God
with all your heart,
with all your soul,
with all your mind,
and with all your strength.
This is the first and the great commandment. The second is like it:
Love your neighbour as yourself.
There is no commandment greater than these.**

The Litany

With faith and love and in union with Christ, let us offer our prayers before
the throne of grace, saying, ‘God of the deep, hear our prayer.’

Have mercy on your people, for whom your Son laid down his life.

God of the deep, hear our prayer.

Bring healing and wholeness to people and nations, and have pity on those
torn apart by division.

God of the deep, hear our prayer.

Strengthen all who are persecuted for your name’s sake, and deliver them
from evil.

God of the deep, hear our prayer.

Look in mercy upon all who suffer, and hear those who cry out in pain and
desolation.

God of the deep, hear our prayer.

Bring comfort to the dying, and gladden their hearts with the vision of your
glory.

God of the deep, hear our prayer.

Give rest to the departed and bring them, with your saints, to glory everlasting.

God of the deep, hear our prayer.

Collect(s)

March 30

God of suffering and glory, in Jesus Christ you reveal the way of life through the path of obedience. Inscribe your law in our hearts, so that in life we may not stray from you but may be your people. **Amen.**

April 6

Sovereign God, you have established your rule over the human heart, not by force but by the servant example of Jesus Christ. Move us by your Spirit to join the joyful procession of those who confess Christ Jesus with their tongues and praise him with their lives. **Amen.**

The Lord's Prayer

Standing at the foot of the cross 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 Christ, who bore our sins on the cross, set us free to serve with him in joy. **Amen.**