

July 2, 2023  
at 10:00 a.m.

# The Booklet

Fifth Sunday after Pentecost  
A Celebration of Holy Eucharist



*Livestream the service at  
[www.facebook.com/saintalbans](https://www.facebook.com/saintalbans) or*

*[www.youtube.com/channel/UCdwV9f  
01mc4ymXD16YdNUBA](https://www.youtube.com/channel/UCdwV9f01mc4ymXD16YdNUBA)*



**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.*

*If this is your first time at St. Albans welcome! 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, Michael our priest [revmichael@stalbanschurch.ca](mailto:revmichael@stalbanschurch.ca) or send an email to our office [office@stalbanschurch.ca](mailto:office@stalbanschurch.ca)*

*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.*

### **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, and the love of God,  
and the fellowship of the Holy Spirit, be with you all.  
**And also with you.**

### ***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.**

**God of Wonders** | Steve Hindalong and Marc  
Byrd

Lord of all creation

Of water, earth and sky

The heavens are your Tabernacle

Glory to the Lord on high

God of wonders beyond our galaxy

You are holy, holy

The universe declares Your majesty

You are holy, holy

Lord of heaven and earth

Lord of heaven and earth

Early in the morning

I will celebrate the light

When I stumble in the darkness

I will call your name by night

God of wonders beyond our galaxy

You are holy, holy

The universe declares Your majesty  
You are holy, holy  
Lord of heaven and earth  
Lord of heaven and earth

Hallelujah, to the Lord of Heaven and Earth (3x)

God of wonders beyond our galaxy  
You are holy, holy  
The universe declares Your majesty  
You are holy, holy

Lord of heaven and earth, Lord of heaven and earth

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

Let us pray.

*We pray silently.*

God of love,  
in your compassion you reach out to the lost and  
helpless.

Continue this work through us, so that your reign of

justice and peace may increase; through Jesus Christ, the Lord of the harvest. **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: Gen 22:1-14**

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

### **Psalm 13**

How long, O Lord? Will you forget me for ever? How long will you hide your face from me?

**How long shall I have perplexity in my mind, and grief in my heart, day after day? How long shall my enemy triumph over me?**

Look upon me and answer me, O Lord my God; give light to my eyes, lest I sleep in death;

**lest my enemy say, "I have prevailed over this one," and my foes rejoice that I have fallen.**



But I put my trust in your mercy; my heart is joyful because of your saving help.

**I will sing to the Lord who has dealt with me richly;  
I will praise the name of the Lord Most High.**

**The Second Reading:** Romans 6:12-23

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**Orphan Girl | Gillian Welch**

I am an orphan on God's highway

But I'll share my troubles if you go my way

I have no mother no father

No sister no brother

I am an orphan girl

I have had friendships pure and golden

But the ties of kinship I have not known them

I know no mother no father

No sister no brother

I am an orphan girl

But when He calls me I will be able  
To meet my family at God's table  
I'll meet my mother my father  
My sister my brother  
No more orphan girl

Blessed Savior make me willing  
And walk beside me until I'm with them  
Be my mother my father  
My sister my brother  
I am an orphan girl

**The Gospel:** Matthew 10:40-42

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

**And also with you.**

The Holy Gospel of our Lord Jesus Christ according to  
Matthew.

**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 trust in God,  
the Father almighty, creator of heaven and earth.**

**I trust 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 trust 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***

### ***Confession and Absolution***

*In our time of confession we recognize our need for reconciliation with God and with each other. In response to our need God embraces us and calls us beloved.*

Dear friends in Christ,  
God is steadfast in love and infinite in mercy;  
God welcomes humanity and invites them to this  
table.

Let us confess our sins, confident in God's  
forgiveness.

Most merciful God,  
**we confess that we have sinned against you**

**in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbours as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us,  
that we may delight in your will,  
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.**

### ***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***



*Thank you for donating to the ministry of St. Albans! You may also make an offering via the collection plate, by e-transfer to [donate@stalbanschurch.ca](mailto:donate@stalbanschurch.ca), or through Canada Helps or Paypal through the St. Albans Website - <https://stalbanschurch.ca/donate/>*

## **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

### ***Prayer over the Gifts***

God of mercy and grace,  
the eyes of all wait upon you, and you open your hand in blessing.

Fill us with good things at your table, so that we may come to the help of all in need, through Jesus Christ, our redeemer and 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.**

Eternal God, Source of all being,  
we give you thanks and praise for your faithful love.  
You call us into friendship with you and one another

to be your holy people, a sign of your presence in the world.

When those we trust betray us, unfailingly you remain with us.

When we injure others, you confront us in your love and call us to the paths of righteousness. You stand with the weak, and those, broken and alone, whom you have always welcomed home, making the first last, and the last first.

Therefore we raise our voices with angels and archangels, forever praising you and singing:

**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**

Blessed are you, O Holy One:  
when Hagar was driven into the wilderness  
you followed her and gave her hope.  
When Joseph was sold into bondage,  
you turned malice to your people's good.  
When you called Israel out of slavery,  
you brought them through the wilderness into the  
promised land.  
When your people were taken into exile you wept  
with them  
by the river of Babylon and carried them home.  
**Restore us, O God, let your face shine!**

At the right time you sent your Anointed One  
to stand with the poor, the outcast, and the  
oppressed.  
Jesus touched lepers, and the sick, and healed them.  
He accepted water from a woman of Samaria  
and offered her the water of new life.  
Christ knew the desolation of the cross  
and opened the way for all humanity  
into the redemption of your reconciling love.

On the night he was betrayed,  
Jesus, at supper with his friends, took bread, gave  
you thanks,  
broke the bread, gave it to them, and said, "Take and  
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."

Loving and Holy One, recalling Christ's death and  
resurrection, we offer you these gifts, longing for the  
bread of tomorrow and the wine of the age to come.  
Therefore we proclaim our hope.

**Dying you destroyed our death,  
rising you restored our life.**

**Lord Jesus, come in glory.**

Pour out your Spirit on these gifts that through them  
you may sustain  
us in our hunger for your peace. We hold before you  
all whose lives are marked by suffering, our siblings.  
When we are broken and cast aside, embrace us in  
your love.

**Restore us, O God, let your face shine!**

Through Christ, with Christ, and in Christ in the unity  
of the Holy Spirit,  
all honour and glory are yours, O Source of all life,  
now and for ever. **Amen.**

### ***The Lord's Prayer***

*Please feel free to use the language of your choice.*

**Our Creator (Father/Mother)**

**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 to share in the body of Christ.  
**We, being many, are one body, for we all share in  
the one bread.**

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.*

## **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

## **We Are Sent**

### ***Prayer after Communion***

Let us pray.

*We pray silently.*

**We give you thanks, almighty God,  
that you have refreshed us through the healing  
power of this gift of life.**

**In your mercy, strengthen us through this gift, in  
faith toward you and in fervent love toward one  
another; for the sake of Jesus Christ our 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***

#### **People Get Ready | Curtis Mayfield**

People get ready  
There's a train a-coming  
You don't need no baggage  
You just get on board  
All you need is faith  
To hear the diesels humming  
Don't need no ticket  
You just thank the Lord

People get ready  
For the train to Jordan  
Picking up passengers' coast to coast  
Faith is the key  
Open the doors and board 'em  
There's hope for all  
Among those loved the most

There ain't no room for the hopeless sinner  
Who would hurt all mankind just to save his own  
(believe me now)  
Have pity on those  
Whose chances grow thinner  
For there's no hiding place against the Kingdom's  
Throne

So people get ready  
There's a train a-comin'  
You don't need no baggage  
You just get on board  
All you need is faith  
To hear the diesels humming

Don't need no ticket  
You just thank the Lord

## ***Sending***

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

**Thanks be to God.**

*Thank you for coming to church today – if you have any questions or concerns or comments about the service, we want to hear from you*  
[office@stalbanschurch.ca](mailto:office@stalbanschurch.ca).

## **Announcements**

### **St. Albans Staff**

The Rev. Michael Garner

revmichael@stalbanschurch.ca

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

Robyn Sulkko, Warden - robynsulkko@hotmail.com

Leah Seabrook, Deputy Warden -

leah.seabrook@gmail.com

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