

June 18, 2023

at 10:00 a.m.

# The Booklet

Third Sunday after Pentecost

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.*

*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.**

## **You Say | Lauren Daigle**

I keep fighting voices in my mind that say I'm not  
enough

Every single lie that tells me I will never measure up  
Am I more than just the sum of every high and every  
low

Remind me once again just who I am because I need  
to know

You say I am loved when I can't feel a thing  
You say I am strong when I think I am weak  
And you say I am held when I am falling short  
And when I don't belong, oh You say I am Yours  
And I believe, oh I believe what You say of me

The only thing that matters now is everything You  
think of me

In You I find my worth, in You I find my identity

You say I am loved when I can't feel a thing  
You say I am strong when I think I am weak  
And you say I am held when I am falling short

And when I don't belong, oh You say I am Yours

Taking all I have, and now I'm laying it at Your feet  
You have every failure, God, You have every victory

You say I am loved when I can't feel a thing  
You say I am strong when I think I am weak  
And you say I am held when I am falling short  
And when I don't belong, oh You say I am Yours

### ***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 18:1-15, 21:1-7**

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**Psalm 116:1, 10-17**

I love the Lord who has heard the voice of my supplication,

**I believed, even when I said, "I have been brought very low."**

In my distress I said, "No one can be trusted."

**How shall I repay you, O Lord, for all the good things you have done for me?**

I will lift up the cup of salvation and call upon your name.

**I will fulfil my vows to the Lord in the presence of all the people.**

Precious in your sight, O Lord is the death of your servants.



**O Lord, I am your servant; I am your servant and the child of your handmaid; you have freed me from my bonds.**

I will offer you the sacrifice of thanksgiving and call upon the name of the Lord.

**The Second Reading: Romans 5:1-8**

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**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.

**The Gospel: Matthew 9:35-10:8**

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/>*

## **All Belong Here | The Many; Hannah and Lenora 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

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

Come and remember who you are here

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

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.

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

***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.*

### **Shepherd | CityAlight**

Though I walk through the valley, and I can't see the way

When the shadows surround me, I will not be afraid  
For I know You are with me; You will always provide  
Though the path may be lonely, You will stay by my side

I will rest my soul; I'll trust in You alone

For the Lord my Shepherd leads me, leads me  
And He is all I need  
In the darkest valley I know, I know  
My Shepherd is all I need

Lord I know that You seek me when I'm trying to  
hide  
And Your love it pursues me all the days of my life  
I will rest my soul; I'll trust in You alone

For the Lord my Shepherd leads me, leads me  
And He is all I need  
In the darkest valley I know, I know  
My Shepherd is all I need

I rest my soul In You alone  
You light my way; You lead me on

For the Lord my Shepherd leads me, leads me  
And He is all I need  
In the darkest valley I know, I know  
My Shepherd is all I need

## **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***

### **Be Thou My Vision | Mary E Byrne**

Be Thou my vision, O Lord of my heart;  
Naught be all else to me, save that Thou art;  
Thou my best thought, by day or by night;  
Waking or sleeping, Thy presence my light.

Be Thou my wisdom, and Thou my true Word;  
I ever with Thee and Thou with me, Lord;  
Born of Thy great love, Thy child may I be  
Thou in me dwelling, and I one with Thee.

Riches I heed not, nor vain empty praise;  
Thou mine inheritance, now and always;  
Thou and Thou only, first in my heart;  
O King of glory, my treasure Thou art.

High King of heaven, after victories won;  
May I reach Heaven's joys, O bright heaven's sun;  
Heart of my own heart, whatever befall;  
Still be my vision, O Ruler of all

## ***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

Office Hours: Mondays 10am-1pm, Wednesday  
9am-12noon

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

## **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)



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