

July 16, 2023
at 10:00 a.m.

The Booklet

Seventh Sunday after Pentecost
A Celebration of Holy Eucharist

Livestream the service at
www.facebook.com/saintalbans or

www.youtube.com/channel/UCdwV9f01mc4ymXD16YdNUBA



ST ALBANS

Spirit-Led. Christ-Centred. Contemporary Urban Church

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 or send an email to our office 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.**

From This Valley | The Civil Wars

Oh the desert dreams of a river
That will run down to the sea
Like my heart longs for an ocean
To wash down over me

Chorus: Oh won't you take me from this valley
To that mountain high above
Oh I will pray, pray, pray till I see your smiling face
I will pray, pray, pray to the one that I love

Oh the outcast dreams of acceptance
Just to find pure love's embrace
Like an orphan longs for its mother
May you hold me in your grace

Chorus

Oh the caged bird dreams of a strong wind
That will flow beneath her wings
Like a voice longs for a melody
Oh Jesus, carry me

Chorus

Collect of the Day

Let us pray.

We pray silently.

Divine Sower,
you scatter your seed generously: may we be rich soil and receive your gift
so freely given, so that we may revel in love's abundant, reckless growth;
through Jesus Christ, the grain of life. **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 25:19-34

Hear what the Spirit is saying to the Church.

Thanks be to God.

Psalm 119:105-112

Your word is a lantern to my feet and a light upon my path.

I have sworn and am determined to keep your righteous judgements.

I am deeply troubled; preserve my life, O Lord, according to your word.

Accept, O Lord, the willing tribute of my lips, and teach me your judgements.

My life is always in my hand, yet I do not forget your law.

The wicked have set a trap for me, but I have not strayed from your commandments.

Your decrees are my inheritance for ever; truly, they are the joy of my heart.

I have applied my heart to fulfil your statutes for ever and to the end.

The Second Reading: Romans 8:1-11

Hear what the Spirit is saying to the Church.

Thanks be to God.

Beautiful Things | Gungor

All this pain. I wonder if I'll ever find my way

I wonder if my life could really change at all

All this earth. Could all that is lost ever be found

Could a garden come up from this ground at all

You make beautiful things, You make beautiful things out of the dust

You make beautiful things, You make beautiful things out of us

All around. Hope is springing up from this old ground

Out of chaos life is being found in You

You make beautiful things, You make beautiful things out of the dust

You make beautiful things, You make beautiful things out of us (x2)

You make me new, You are making me new (x2)

You make beautiful things, You make beautiful things out of the dust

You make beautiful things, You make beautiful things out of us (x2)

The Gospel: Matthew 13:1-9, 18-23

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, or through Canada Helps or Paypal through the St. Albans Website - <https://stalbanschurch.ca/donate/>

Behold | Mission House

The empty filled, the wounded healed. The broken back together
The poor are blessed, the weary rest. We will dance forever

The blinded see, the chained are free. The doubtful now believer
The outcast known, the orphan home. You are my Redeemer

Behold, behold, Behold what love can do.
Behold, behold, He's making all things new

The lost return, the voiceless heard. The mourner now rejoicing
The mountains shake, the world awake. Creation all composing

The sad untrue, the earth renewed. The song has found its singer
The darkness light, the dead alive. You are my Redeemer

Behold, behold. Behold what love can do
Behold, behold. He's making all things new

We've been struck down, we're not destroyed
We've sown in tears, we'll reap in joy
We've been struck down, we're not destroyed
We've sown in tears, we'll reap in joy
My eyes are open. Behold, behold

Behold (behold), behold (behold)
Behold what love can do
Behold (behold), behold (behold)
He's making all things new

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.*

River | Leon Bridges

Been traveling these wide roads for so long
My heart's been far from you. Ten-thousand miles gone

Oh, I wanna come near and give. Every part of me
But there is blood on my hands And my lips are unclean

In my darkness I remember. Momma's words reoccur to me
"Surrender to the good Lord And he'll wipe your slate clean"

Chorus: Take me to your river. I wanna go Oh, go on
Take me to your river. I wanna know

Tip me in your smooth water. I go in
As a man with many crimes. Come up for air
As my sins flow down the Jordan

Oh, I wanna come near and give. Every part of me
But there is blood on my hands. And my lips are unclean

Chorus

I wanna go, wanna go, wanna go
I wanna know, wanna know, wanna know

Chorus

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 trust 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

Raise Up | Semler

Bring me your weak and weary
Bring me your strange and cold
I come for hope and healing
That you won't feel alone

Chorus: So, raise up, raise up, raise up
So, raise up, raise up. So, raise up, raise up, raise up
I have told you that. I am the way and the truth and the life
I'm justice, I'm all that is right. Carry on now, carry on. Carry on now

And there's a galaxy behind your eyelids
And there's a war in your house
And there's a meaning that is far beyond us
And there is courage in doubt

Chorus

So, raise up, raise up, raise up (I'm justice, I'm all that is right)
So, raise up, raise up (carry on now, carry on)
So, raise up, raise up, raise up
I have told you that (carry on now)

I am the way and the truth and the life I'm justice, I'm all that is right
Carry on now, carry on Carry on now

And I am the way and the truth and the life I am mystery, the day, and the
night Carry on now, carry on Carry on now

So, raise up, raise up, raise up

So, raise up, raise up
So, raise up, raise up, raise up
So, raise up, raise up

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.

Announcements

Summer at St. Albans – Summer generally represents a slower time. We hope that our whole congregation will take time to reflect back on the last year, all the change and all the progress and all the ways God worked powerfully in our lives and life of our congregation. Rev. Michael is away July 24 to August 18, but around otherwise.

Rev Caz will be taking the service on July 30th and Rev David Cluney will be taking the services on the 6th and 13th of August. If you have a Pastoral emergency during Rev. Michael's time away, please reach out to the office email (office@stalbanschurch.ca).

Join us for our Fall retreat - There is never a "convenient" time to take time away from life and pause. Since fall 2023 we have prioritized a practice of listening as individuals and as a parish and building friendships with members of the St. Albans Community. This overnight retreat at the Galilee Centre, November 10th and 11th in Arnprior will allow us to do both. We will gather after dinner, at 7:00 pm on the Friday night. Breakfast and lunch on Saturday will be provided by the Galilee Centre and we will finish before dinner on the Saturday night. Some may want to gather for dinner in Arnprior on Friday night before we gather at 7:00 pm or on Saturday night after we finish. We expect the price to be approximately \$120 for a single room and \$90 for a shared room. Bursary's are available for people who

cannot afford to attend to attend. We need 20-25 to book by September 20 in order to go ahead with the retreat. If you are interested we would ask you to speak to Michael or Jennifer Parr

(jennifer@leadershipthatmatters.com). We will need a \$50 deposit soon to confirm your spot. Spots will be confirmed on a first come first served basis!

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

St. Albans Wardens

Michelle Sorenson, Warden - michelle.rg.sorenson@gmail.com

Robyn Sulkko, Warden - robynsulkko@hotmail.com

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