

July 9, 2023
at 10:00 a.m.

The Booklet

Sixth 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.

All Creatures of Our God and King | Hayes/Draper

All creatures of our God and King

Lift up your voices, let us sing

Alleluia, alleluia

Thou burning sun and golden beam

Thou silver moon with softer gleam

O praise Him, O praise Him

Alleluia, alleluia, alleluia

Thou flowing water pure and clear
Make music for your Lord to hear
Alleluia, alleluia
Thou fire so masterful and bright
That givest us both warmth and light
O praise Him, O praise Him
Alleluia, alleluia, alleluia

Let all things their creator bless
And worship God in humbleness
Alleluia, alleluia
Praise, praise the Father, praise the Son
And praise the Spirit, Three in One
O praise Him, O praise Him
Alleluia, alleluia, alleluia

Collect of the Day

Let us pray.

We pray silently.

Lord of heaven and earth,
whose Son came eating and drinking,
exposing the rivalry that tears the world apart:
may we share his feast and friendship
and lay our burdens in his liberating arms;
through Jesus Christ, Wisdom's child. **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 24:34-38, 42-49, 58-67

Hear what the Spirit is saying to the Church.

Thanks be to God.

Psalm 45:11-18

The king will have pleasure in your beauty; he is your master; therefore do him honour.

The people of Tyre are here with a gift; the rich among the people seek your favour.”

All glorious is the princess as she enters; her gown is cloth-of-gold.

In embroidered apparel she is brought to her sovereign; after her the bridesmaids follow in procession.

With joy and gladness they are brought, and enter into the royal palace.

“In place of fathers, O king, you shall have sons; you shall make them princes over all the earth.

I will make your name to be remembered from one generation to another;
therefore nations will praise you for ever and ever.”

The Second Reading: Romans 7:15-25a

Hear what the Spirit is saying to the Church.

Thanks be to God.

What Do You Want Me To Do | Mike Scott

I've tried to do things my own way
And I've tried to do what people say
And I'm going nowhere fast
And I'm turning to you at last

What do you want me to do? x3

I can see the lights of home
But I can't get there on my own
I can see the landing slip
But I need you to steer my ship

What do you want me to do? X3

I've been a fool and I've been a clown
I let the enemy turn me around
I've wasted love and I've wasted time
I've been proud and I've been blind

I've got a lot of things to change
A whole man (person) to rearrange
But if you'll show me how
I'll begin right now

What do you want me to do? X3
I'm listening

The Gospel: Matthew 11:16-19, 25-30

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/>

All My Favorite People | Over the Rhine

All my favorite people are broken
Believe me, my heart should know

Some prayers are better left unspoken
I just want to hold you and let the rest go

All my friends are part saint and part sinner
We lean on each other, try to rise above
We are not afraid to admit we are all still beginners
We are all late bloomers when it comes to love

All my favorite people are broken
Believe me, my heart should know
Awful believers, skeptical dreamers, step forward
You can stay right here, you don't have to go

Is each wound you've received just a burdensome gift
It gets so hard to lift yourself up off the ground
But the poet says we must praise a mutilated world
We're all working the graveyard shift
You might as well sing along

Cause all my favorite people are broken
Believe me, my heart should know
As for your tender heart, this world's going to rip it wide open,
It ain't gonna be pretty, but you're not alone

All my favorite people are broken
Believe me, my heart should know
Awful believers, skeptical dreamers, you're welcome
Yeah, you're safe right here, you don't have to go

Cause all my favorite people are broken
Believe me, I should know
Some prayers are better left unspoken
I just want to hold you and let the rest go

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.

Have Mercy On Me | Sandra McCracken

Have mercy on me

Have mercy on me

O Lord, have mercy

O Lord, have mercy

Lord, help my unbelief

Oh, help my unbelief

O Lord, have mercy

O Lord, have mercy

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

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
And I believe, oh I believe what You say of me

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
And I believe, oh I believe what You say of me

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. Stay tuned for information about the odd post church gathering at Strathcona Park, and please don't hesitate to reach out should you have a need, or want to connect during the summer. Things get slower but we are still here!

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 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

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

www.stalbanschurch.ca



ST ALBANS

Spirit-Led. Christ-Centred. Contemporary Urban Church