

August 20, 2023  
at 10:00 a.m.

# The Booklet

Twelfth 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.**

## **Here Comes the Sun | The Beatles**

Here comes the sun, doo-doo-doo-doo

Here comes the sun, and I say it's alright

Little darlin', it's been a long, cold, lonely winter

Little darlin', it feels like years since it's been here

Here comes the sun, doo-doo-doo-doo

Here comes the sun, and I say it's alright

Little darlin', the smile's returning to their faces

Little darlin', it seems like years since it's been here

Here comes the sun Here comes the sun, and I say  
it's alright

Little darlin', I feel that ice is slowly melting

Little darlin', it seems like years since it's been clear

Here comes the sun, doo-doo-doo-doo

Here comes the sun, and I say it's alright

Here comes the sun, doo-doo-doo-doo

Here comes the sun It's alright It's alright

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

Let us pray.

*We pray silently.*

God of the nations,  
all are invited to your table, for in your family no one  
is a stranger.

Satisfy our hunger and mercifully extend to all  
people the joy of salvation and faith. Grant this  
through our Lord Jesus Christ, your Son, who lives  
and reigns with you in the unity of the Holy Spirit,  
God for ever and ever. **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 45:1-15**

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**Psalm 133**

Oh, how good and pleasant it is, when kindred live together in unity!

**It is like fine oil upon the head that runs down upon the beard, upon the beard of Aaron, and runs down upon the collar of his robe.**

It is like the dew of Hermon that falls upon the hills of Zion. For there the Lord has ordained the blessing: life for evermore.

**The Second Reading:** Romans 11.1-2a, 29-32

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**Lean on Me | Bill Withers**

Sometimes in our lives we all have pain we all have sorrow

But if we are wise we know that there's always tomorrow

Lean on me, when you're not strong and I'll be your friend

I'll help you carry on



For it won't be long till I'm gonna need somebody to  
lean on

Please swallow your pride if I have things you need  
to borrow

For no one can fill those of your needs that you  
won't let show

You just call on me brother when you need a hand  
We all need somebody to lean on

I just might have a problem that you'll understand  
We all need somebody to lean on

Lean on me, when you're not strong and I'll be your  
friend

I'll help you carry on

For it won't be long till I'm gonna need somebody to  
lean on

You just call on me sister when you need a hand  
We all need somebody to lean on. I just might have a  
problem

That you'll understand we all need somebody to lean on

If there is a load you have to bear that you can't carry

I'm right up the road I'll share your load if you just call me

**The Gospel: Matthew 15:21-28**

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/>*

**Open Up | The Brilliance**

You heard the cry of our hearts

And you came down

Freely you gave us your love

Showing us how

Make me an instrument of your peace  
Where there is hatred let me show love  
Where there is darkness let me shine light  
and

May your love cause us to open up  
Cause us to open up our hearts  
May your light cause us to shine so bright  
That we bring hope into the dark

All that we do without love  
It means nothing  
Grant us the courage to give  
As you're calling

Make me an instrument of your peace  
Where there is hatred let me show love  
Where there is darkness let me shine light  
and

May your love cause us to open up  
Cause us to open our hearts

May your light cause us to shine so bright  
That we bring hope into the dark

Hope for the hopeless, your love is  
Strength in our weakness, your love is  
May we love, as you love  
Hope for the hopeless, your love is  
Strength in our weakness, your love is  
May we love, as you love  
May we love, as you love  
May we love, as you love

May your love cause us to open up  
Cause us to open our hearts  
May your light cause us to shine so bright  
That we bring hope into the dark

### ***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.*

## **House of God Forever | Jon Foreman**

God is my shepherd

I won't be wanting, I won't be wanting

He makes me rest

In fields of green, with quiet streams

Even though I walk

Through the valley, of death and dying  
I will not fear  
'Cause You are with me, You are with me

Your shepherd's staff comforts me  
You are my feast in the presence of enemies  
Surely goodness will follow me, follow me  
In the house of God forever

God is my shepherd  
I won't be wanting, I won't be wanting  
He makes me rest  
In fields of green, by quiet streams  
Even while I'm walking  
Through the valley, of death and dying  
I will not fear  
'Cause You are with me, You're always with me

Your shepherd's staff comforts me  
You are my feast in the presence of enemies  
Surely goodness will follow me, follow me  
In the house of God forever  
In the house of God forever

In the house of God forever

**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***

### **Your Peace Will Make Us One | Audrey**

Assad

Mine eyes have seen the glory of the coming of the  
Lord

You are speaking truth to power, you are laying  
down our swords

Replanting every vineyard 'til a brand new wine is  
poured

Your peace will make us one

I've seen you in our home fires burning with a quiet  
light

You are mothering and feeding in the wee hours of  
the night

Your gentle love is patient, you will never fade or tire

Your peace will make us one

Glory! Glory! Hallelujah! X3

Your peace will make us one

In the beauty of the lilies, you were born across the sea

With a glory in your bosom that is still transfiguring  
Dismantling our empires 'til each one of us is free  
Your peace will make us one

Glory! Glory! Hallelujah! X3  
Your peace will make us one

### ***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**

**Pride! -**

**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 10<sup>th</sup> and 11<sup>th</sup> 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. 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](mailto: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](mailto:office@stalbanschurch.ca)

## **St. Albans Wardens**

Michelle Sorenson, Warden -

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Robyn Sulkko, Warden - robynsulkko@hotmail.com

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