

September 10th, 2023
at 10:00 a.m.

The Booklet

Fifteenth Sunday after Pentecost
A Celebration of Holy Eucharist

Livestream the service at

www.facebook.com/saintalbans or

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

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

Be Thou My Vision | Eleanor Hull

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, thou my true word,
I ever with thee and thou with me Lord;
Thou my great Parent, I thy true child;
Thou in me dwelling, and I with thee one.

Riches I heed not, nor man's empty praise:
Thou mine inheritance now and always;
Thou and thou only first in my heart;
High King of Heaven, my treasure thou art.

High King of heaven, my victory won,
May I reach heaven's joys, O Bright Heaven's sun!;
Heart of my own heart, whatever befall,
Still be my vision, O Wisdom of all.
Heart of my own heart, whatever befall,
Still be my vision, O Wisdom of all.

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.**

Collect of the Day

Let us pray.

We pray silently.

Lord of the church,
you call a broken people around your table: in times of disagreement teach
us to listen, loose us from prejudice and bind us to your way of forgiving
grace; through Jesus Christ, who stands at the heart of our gathering.
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: Exodus 12:1-14

Hear what the Spirit is saying to the Church.

Thanks be to God.

Psalm 149

Hallelujah! Sing to the Lord a new song; sing the praises of God in the congregation of the faithful.

Let Israel rejoice in their maker; let the children of Zion be joyful in their sovereign.

Let them praise the name of the Lord in the dance; let them sing praise to God with timbrel and harp.

For the Lord takes pleasure in this people and adorns the poor with victory.

Let the faithful rejoice in triumph; let them be joyful on their beds.

Let the praises of God be in their throat and a two-edged sword in their hand;

to wreak vengeance on the nations and punishment on the peoples;

to bind their rulers in chains and their nobles with links of iron;

to inflict on them the judgement decreed; this is glory for all God's faithful people. Hallelujah!

The Second Reading: Romans 13:8-14

Hear what the Spirit is saying to the Church.

Thanks be to God.

Little Things with Great Love | Maddison Cunningham

In the garden of our Savior, no flower grows unseen

His kindness rains like water on every humble seed

No simple act of mercy escapes His watchful eye

For there is One who loves me His hand is over mine

In the kingdom of the heavens, no suff'ring is unknown

Each tear that falls is holy, each breaking heart a throne

There is a song of beauty on ev'ry weeping eye

For there is One who loves me His heart, it breaks with mine

Oh, the deeds forgotten; oh, the works unseen

Every drink of water flowing graciously

Every tender mercy, You're making glorious
This You have asked us
Do little things with great love Little things with great love

At the table of our Savior, no mouth will go unfed
His children in the shadows stream in and raise their heads
Oh give us ears to hear them and give us eyes that see
For there is One who loves them I am His hands and feet

The Gospel: Matthew 18:15-20

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/>

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

Hey, don't write yourself off yet
It's only in your head, you feel left out
Or looked down on Just do your best
Do everything you can
And don't you worry what their bitter hearts
Are gonna say

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
Yah, 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

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.

Holy God, Lover of creation,
we give you thanks and praise for in the ocean of your steadfast love you
bear us and place the song of your Spirit in our hearts.
When we turn from your love and defile the earth, you do not abandon us.
Your Spirit speaks through Huldah and Micah, through prophets, sages, and
saints in every age, to confront our sin and reveal the vision of your new
creation. Joining in the song of the universe we proclaim your glory 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**

Gracious God,
in the fullness of time you sent Jesus the Christ to share our fragile humanity. Through Jesus' life, death, and resurrection you open the path from brokenness to health, from fear to trust, from pride and conceit to reverence for you. Rejected by a world that could not bear the Gospel of life, Jesus knew death was near. His head anointed for burial by an unknown woman, Jesus gathered together those who loved him. He took bread, gave thanks to you, broke it and gave it to his friends, saying, "Take and eat: this is my body which is given for you. Do this for the remembrance of me."
After supper, Jesus took the cup of wine, gave you thanks, and said "Drink this all of you, this is my blood of the new covenant which is shed for you and for many. Whenever you drink it, do this for the remembrance of me." And now we gather at this table in response to his commandment, to share the bread and cup of Christ's undying love, and to proclaim our faith.

Christ has died. Christ is risen. Christ will come again.

Breathe your Holy Spirit, the wisdom of the universe, upon these gifts that we bring to you: this bread, this cup, ourselves, our souls and bodies, that we may be signs of your love for all the world and ministers of your transforming purpose.

Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, Creator of all, and we bless your holy name 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.

I Shall Not Want | Audrey Assad

From the love of my own comfort

From the fear of having nothing

From a life of worldly passions

Deliver me O God

From the need to be understood

From the need to be accepted

From the fear of being lonely

Deliver me O God. Deliver me O God

And I shall not want, I shall not want
When I taste Your goodness, I shall not want
When I taste Your goodness, I shall not want

From the fear of serving others
From the fear of death or trial
From the fear of humility
Deliver me O God. Deliver me O God

And I shall not want, I shall not want
When I taste Your goodness, I shall not want

No, I shall not want, I shall not want
When I taste Your goodness, I shall not want
When I taste Your goodness, I shall not want

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

Forever Young | Bob Dylan

May God bless and keep you always

May your wishes all come true

May you always do for others

And let others do for you

May you build a ladder to the stars

And climb on every rung

May you stay forever young

forever young forever young. May you stay forever young

May you grow up to be righteous

May you grow up to be true

May you always know the truth

And see the light surrounding you

May you always be courageous

Stand upright and be strong

May you stay forever young

forever young forever young. May you stay forever young

May your hands always be busy

May your feet always be swift

May you have a strong foundation

When the winds of changes shift

May your heart always be joyful

May your song always be sung

And May you stay forever young
forever young forever young. May you stay forever young

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

Fall @ St. Albans - As fall approaches there are a number of dates that are worth noting!

September 16 - St. Albans is a destination on the uOttawa Church Crawl - come and welcome students into our building. 6-8pm. Speak with Mary-Martha, Leah, or Rev Michael for more information.

September 17 - Welcome back meal - all are invited to participate in our welcome back meal after church on the 17th. If you can contribute food please sign up on the sheet at the back of the church. This year we are doing a Salad bar.

September 25 - Have you ever wondered why we do some of the things we do on a Sunday morning. We will be holding a teaching liturgy which will hopefully shed some light and reveal part of the beauty and depth of the Anglican Liturgy.

Pastoral Care - One of our priorities for the fall is to restart our pastoral care team. We will meet online at 7pm on September 26th for a first discussion. If you have interest, please speak with Rev. Michael.

Education Event - Our neighbourhood, Sandy Hill, faces all sorts of challenges that require us to work with partners and learn about some of these complexities. Wendy Stewart, the director of OASIS, will be joining us to speak about the reality of drug use in Sandy Hill, and the impact of Harm

Reduction activities. Join us on Zoom on October 10th at 7pm. Please make time to join us for this important event.

Church Office - We need a couple of bookshelves and a desk to set the office up. If you have either of these please speak with Rev. Michael

Join us for our Fall retreat - Overnight retreat at the Galilee Centre, November 10th and 11th in Arnprior. If you are interested we would ask you to speak to Michael or Jennifer Parr (jennifer@leadershipthatmatters.com).

St. Albans Staff

The Rev. Michael Garner revmichael@stalbanschurch.ca

Office Hours - on campus Déjà Vu 232B - 11am-1pm; open for connecting Wednesdays 9am-12noon. Available at other times by appointment.

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

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