

February 4<sup>th</sup>, 2024  
at 10:00 a.m.

# The Booklet

The Fifth Sunday after the Epiphany  
A Celebration of Holy Eucharist



*Livestream the service at*

*[www.facebook.com/saintalbans](http://www.facebook.com/saintalbans) or*

*[www.youtube.com/channel/UCdwV9f01mc4ymXD6YdNUBA](http://www.youtube.com/channel/UCdwV9f01mc4ymXD6YdNUBA)*



**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.*

*Liturgical Note: In the context of Christian Liturgy, Israel does not refer to the current political state, but either to the historic Hebrews of the ancient Near East or, in Christian theology, to all people who put their faith and trust in Jesus Christ.*

## **Welcome**

### **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. 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

Sun, sun, sun, here it comes x 3

Little darlin', I feel that ice is slowly melting  
Little darlin', it seems like years since it's been clear

Here comes the sun. Here comes the sun. And I say,  
it's alright

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

### ***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.*

Everlasting God,  
you give strength to the weak and power to the faint.

Make us agents of your healing and wholeness, so that your good news may be made known to the ends of your creation, through Jesus Christ, our Saviour and Lord. **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: Isaiah 40:21-31**

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

### **Psalm 147:1-12, 21c**

Hallelujah! How good it is to sing praises to our God! How pleasant it is to honour God with praise!  
**The Lord rebuilds Jerusalem and gathers the exiles of Israel.**

The Lord heals the broken-hearted and binds up their wounds.

**The Lord counts the number of stars and calls**



**them all by their names.** Great is our Lord and mighty in power; there is no limit to the wisdom of God.

**The Lord lifts up the lowly, but casts the wicked to the ground.**

Sing to the Lord with thanksgiving; make music to our God upon the harp. **The Lord covers the heavens with clouds and prepares rain for the earth,**

**making grass to grow upon the mountains and green plants to serve humankind.**

The Lord provides food for flocks and herds and for the young ravens when they cry.

**The Lord is not impressed by the might of a horse and has no pleasure in human strength,**

but finds pleasure in those who fear God, in those who await the gracious favour of the Lord.

**Worship the Lord, O Jerusalem; praise your God, O Zion, Hallelujah!**

**The Second Reading:** 1 Corinthians 9:16-23

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

## **Red Sea Road | Ellie Holcomb**

We, buried dreams, laid them deep into the earth  
behind us

Said, our goodbyes at the grave but everything  
reminds us

God knows, we ache, when He asks us to go on.  
How do we go on?

We will sing, to our souls, we won't bury our hope  
Where He leads us to go. There's a red sea road  
When we can't, see the way, He will part the waves  
And we'll never walk alone, down a red sea road

How, can we trust when You say You will deliver us  
from

All, of this pain, that threatens to take over us  
Well, this desert's dry. But the ocean may consume  
And we're scared, to follow You

*Chorus:* So we will sing, to our souls, we won't bury  
our hope

Where He leads us to go, there's a red sea road

When we can't, see the way, he will part the waves  
And we'll never walk alone, down a red sea road

Oh help us believe, You are faithful, You're faithful  
When our hearts are breaking, You are faithful,  
You're faithful

Oh grant us eyes to see, You are faithful, You're  
faithful

Teach us to sing, You are faithful, You're faithful,  
You're faithful

### *Chorus*

No, we'll never, walk alone down a red sea road  
No, we'll never, walk alone down a red sea road

### **The Gospel: Mark 1:29-39**

Le Seigneur soit avec vous. The Lord be with you.

**And also with you.**

The Holy Gospel of our Lord Jesus Christ according to  
Mark.

**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 donation box at the by the soundboard – envelopes can be found there as well. You can also donate*

*electronically 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/>*

**Beautiful Things** | Lisa and Michael 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 out 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



You make me new, You are making me new  
You make me new, You are making me 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.**

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 the bread of life, and that life is the light of the world.

**God here among us, light in the midst of us, bring us  
to light and life.**

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  
And from a need to be accepted  
From the fear of being lonely  
Deliver me O God  
Deliver me O God

And I shall not want, no, 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  
Oh, and from the fear of death or trial  
And from the fear of humility  
Deliver me O God  
Yes, deliver me O God

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

**We Are Sent**

***Prayer after Communion***

Let us pray.

*We pray silently.*

**We give you thanks, gracious 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***

**All Shall be Well | John Van Deusen**

thank you for the sun

thank you for the moon

thank you for the stars at night

and the darkness too

bless you for your peace

bless you for your grace

bless you for your perfect love

and your perfect ways

and all shall be well, all shall be well



all manner of things shall be well

use me as you will  
remove my selfish pride  
create in me a servant's heart  
to bless your holy bride

and when my work is done  
and the seeds are sown  
please receive my spirit Lord  
and welcome me home

and all shall be well, all shall be well  
all manner of things shall be well

### ***Sending***

Go in peace to love and serve the Lord.

**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

**Old Palms** – Please bring your old palms to church on February 11<sup>th</sup> so we can make the ashes for our Ash Wednesday Service.

**Meal @ Friel** – We are debriefing our first Meal on February 6<sup>th</sup> at 7pm on Zoom and our next meal is February 29<sup>th</sup>! Please let Rev Michael or Daniel (Meal Coordinator) know if you would like to get involved!

**Shrove Tuesday** – The season of Lent quickly approaches! But before that time of fasting and prayer...we eat pancakes! So on February 13<sup>th</sup> at 630pm we will gather as a parish to eat together. We will provide pancakes in both glutenous and gluten free form. If you are interested in bringing fruit or other accompanying items please sign up on the sheet at the back of the church!

**Ash Wednesday Service** – Mark the beginning of Lent (and Valentine's day) with our Ash Wednesday service 7pm at the church.

**Coldest Night of the Year** – Hope Versluis is leading a CNOY walk in support of Jericho Road & Capital City Mission. The walk date is **Sat Feb 24, 5:00pm**. Our walk location is **Ottawa Lowertown**. There are other walks in Ottawa that day, but we will be part of Lowertown location.

Talk to Hope for more information. Or go to this link <https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=1009649&langPref=en-CA>

**Vestry** – Our Annual Vestry meeting is quickly approaching – it will be March 3<sup>rd</sup> after the service. We will also be having our after church potluck after the service before we meet. 2023 was an amazing year at St. Albans. Come and remember all that we did, and help plan and influence our activity and ministry into the future!

## **St. Albans Staff**

The Rev. Michael Garner

[revmichael@stalbanschurch.ca](mailto: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](mailto:office@stalbanschurch.ca)

## **St. Albans Wardens**

Michelle Sorenson, Warden – On Leave

Robyn Sulkko, Warden - [robynsulkko@hotmail.com](mailto:robynsulkko@hotmail.com)

Leah Seabrook, Deputy Warden -

[leah.seabrook@gmail.com](mailto:leah.seabrook@gmail.com)

Moira Alie, Deputy Warden

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