

January 21<sup>st</sup>, 2024  
at 10:00 a.m.

# The Booklet

The Third 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**

### **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 (repeat)

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

### ***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.*

God of salvation,  
the splendour of your glory dispels the darkness of  
earth, for in Christ we see the nearness of your  
kingdom. Now make us quick to follow him, and  
eager to proclaim the good news of the gospel. We  
ask 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:** Jonah 3:1-5, 10

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**Psalm 62:6-12**

God alone is my rock and my salvation, my stronghold, so that I shall not be shaken.

**In God is my safety and my honour, my strong rock and my refuge.**

Put your trust in God always, O people, pour out your hearts before the One who is your refuge.

**Those of high degree are but a fleeting breath, even those of low estate cannot be trusted.**

On the scales they are lighter than a breath, all of them together.

**Put no trust in extortion; in robbery take no empty pride; though wealth increase, set not your heart upon it.**

God has spoken once, twice have I heard it, that power belongs to God.

**Steadfast love is yours, O Lord, for you repay all according to their deeds.**

**The Second Reading: 1 Corinthians 7:29-31**

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**Justice Will Roll Down | Sandra McCracken**

Oh my love, you have grown so cold

To the world outside, to the house next door

She who has been loved much, has so much to give

Mercy is the fragrance, of the broken

Chorus:

Justice will roll down, oh justice will roll down

From high upon those mountains with a mighty river sound

It will roll down It will roll down

Oh my child, I will be your light

In your secret pain, in the dark of night

No enemy, no conqueror, will steal your life from me

I am your salvation, and your victory

Chorus

Soon oh soon, when the trumpet sounds

Every knee shall bend, every heart will pound

I have made a new world, where the servant is the King

Oppression will be over, and the slave set free

Chorus

**The Gospel: Mark 1:14-20**

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

**And also with you.**

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

**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/>*

## **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 (on your  
own)

So don't buy in Live right now



Yeah, just be yourself It doesn't matter if it's good  
enough (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 (repeat)

Hey, don't write yourself off yet

It's only in your head, you feel left out (feel left out)

Or looked down on

Just do your best (just do your best)

Do everything you can (do everything you can)

And don't you worry what their bitter hearts (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 (repeat)

### ***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.*

**We Will Not Forget |** Lauren Daigle

Come to the table taste and see

Come break the bread of Calvary

All who are thirsty

Come drink the cup of grace

Come and behold Christ the Son  
Come and remember perfect love  
Poured out with mercy  
That washed all our sins away, oh yes

Chorus:

Oh, bless the Savior, crucified. Oh, bless the Lamb,  
who ransomed our lives  
We bless You Jesus for paying our debt, and  
We will not forget We will not forget

Come to the table, there is peace  
Receive His promise  
Find His strength  
We're one with Him now  
And throughout eternity, oh

Chorus

Oh Jesus, we will not forget no, oh  
We are grateful, hallelujah

With all our hearts we give You praise We are grateful, hallelujah

With all our hearts we give You praise We are grateful, hallelujah

With all our hearts we give You praise We are grateful, hallelujah

With all our hearts we give You praise

Chorus

Come to the table taste and see. Come break the bread of Calvary

All who are thirsty. Come drink the cup of grace

**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***

**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 (Repeat)

***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**

**Campus Meal** – January 25 is our first campus meal. We are doing meals in February and March as well. If you are interested in helping with future meals, please reach out to Rev. Michael to get you connected! Your prayers are welcome on Thursday (the 25<sup>th</sup>) for all involved and the students participating.

**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>

**Branches of Hope** - PWRDF Ottawa is organizing an exciting initiative to plant trees in the Ottawa area and to raise money to support the planting of trees in Uganda, all part of the global Communion Forest initiative. PWRDF Ottawa is giving away native seedlings to be planted in the spring, and is collecting donations to support the planting of trees and other sustainability projects by our Ugandan partner, St Jude's Family Projects. If you would like to receive a tree to plant, donate to support the project in Uganda, or both, please contact Robyn asap!

### **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 Sulkkko, Warden - [robynsulkkko@hotmail.com](mailto:robynsulkkko@hotmail.com)

Leah Seabrook, Deputy Warden -

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

Moira Alie, Deputy Warden

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