

January 28th, 2024
at 10:00 a.m.

The Booklet

The Fourth Sunday after the Epiphany
A Celebration of Holy Eucharist

Livestream the service at

www.facebook.com/saintalbans or

www.youtube.com/channel/UCdwV9f01mc4ymXD6YdNUBA



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.

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

I Heard The Voice Of Jesus Say | Ralph Vaughan Williams and James Montgomery

I heard the voice of Jesus say, "Come unto me and rest;
Lay down, O weary one, lay down your head upon my breast."
I came to Jesus as I was, so weary worn and sad;
I found in him a resting place, and he has made me glad.

I heard the voice of Jesus say, "Behold, I freely give
The living water, thirsty one; stoop down and drink and live."
I came to Jesus and I drank of that life giving stream;
My thirst was quenched, my soul revived, and now I live in him.

I heard the voice of Jesus say, "I am this dark world's light.
Look unto me; your morn shall rise and all your day be bright."
I looked to Jesus and I found in him my star, my sun;
And in that light of life I'll walk till traveling days are done.

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 liberation,

who comes not to destroy but to set us free, bring wholeness to all that is broken and speak truth to us in our confusion; 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: Deuteronomy 18:15-20

Hear what the Spirit is saying to the Church.

Thanks be to God.

Psalm 111

Hallelujah! I will give thanks to the Lord with my whole heart, in the assembly of the upright, in the congregation.

Great are the deeds of the Lord! They are studied by all who delight in them.

O Lord, your work is full of majesty and splendour, and your righteousness endures for ever.

You make your marvellous works to be remembered; you are gracious and full of compassion.

You give food to those who fear you; you are ever mindful of your covenant.

You have shown your people the power of your works in giving them the lands of the nations.

The works of your hands are faithfulness and justice; all your commandments are sure.

They stand fast for ever and ever, because they are done in truth and equity.

You send redemption to your people; you commanded your covenant for ever; holy and awesome is your name.

The fear of the Lord is the beginning of wisdom; those who act accordingly have a good understanding; the praise of the Lord endures for ever.

The Second Reading: 1 Corinthians 8:1-13

Hear what the Spirit is saying to the Church.

Thanks be to God.

Dunedin | Vernon Griffiths and Horatius Bonar

O Love of God, how strong and true,
Eternal and yet ever new;
Uncomprehended and unbought,
Beyond all knowledge and all thought.

O wide embracing, wondrous Love,
We read thee in the sky above;

We read thee in the earth below,
In seas that swell and streams that flow.

We read thee best in him who came
To bear for us the cross of shame,
Sent by the Father from on high,
Our life to live, our death to die.

We read thy power to bless and save
E'en in the darkness of the grave;
Still more in resurrection light
We read the fullness of thy might.

The Gospel: Mark 1:21-28

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

And also with you.

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

Glory to you, Lord Jesus Christ.

The Gospel is read

The Gospel of Christ

Praise to you, Lord Jesus Christ.

Homily – Rev. Michael

1. Jesus *comes* into the synagogue (21)
 2. Jesus teaches with *authority* and this is acknowledged with *amazement* by those present (22)
 3. A man with an *unclean spirit cries out* (23-24)
 4. Jesus heals the man (25)
 5. The *unclean spirit cries out* and leaves the man (26)
 6. People acknowledge Jesus' *authority* with *amazement* (27-28)
 7. Jesus *leaves* the synagogue (29)

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, or through Canada Helps or Paypal through the St. Albans Website - <https://stalbanschurch.ca/donate/>

What Ruler Wades | David Hurd and Thomas H. Troeger

What ruler wades through murky streams and bows beneath the wave,
Ignoring how the world esteems the powerful and brave?
Water, River, Spirit, Grace, sweep over me, sweep over me!
Recarve the depths your fingers traced in sculpting me.

Christ gleams with water brown with clay from land the prophets trod.
Above while heaven's clouds give way descends the dove of God.
Water, River, Spirit, Grace, sweep over me, sweep over me!
Recarve the depths your fingers traced in sculpting me.

Come bow beneath the flowing wave. Christ stands here at your side
And raises you as from the grave God raised the crucified.
Water, River, Spirit, Grace, sweep over me, sweep over me!
Recarve the depths your fingers traced in sculpting me.

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.

Prelude | J.S. Bach

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

Be Thou My Vision | Trad., Mary Elizabeth Byrne, and Eleanor H. Hull
Be thou my vision, O Lord of my heart;
All else be nought 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, and thou my true word;
I ever with thee and thou with me, Lord;
Thou my great Father; thine own may I be;
Thou in me dwelling, and I one with thee.

High King of heaven, when victory is won,
May I reach heaven's joys, bright heaven's Sun!
Heart of my heart, whatever befall,
Still be my vision, O Ruler of all.

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.

Announcements

Shrove Tuesday – The season of Lent quickly approaches! But before that time of fasting and prayer...we eat pancakes! So on February 13th 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 let Rev. Michael know.

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 3rd 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!

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

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 – On Leave

Robyn Sulkko, Warden - robysulkko@hotmail.com

Leah Seabrook, Deputy Warden - leah.seabrook@gmail.com

Moira Alie, Deputy Warden

St. Albans Church

454 King Edward Ave at Daly

Ottawa, ON K1N 7M8 613-236-0342

www.stalbanschurch.ca



ST ALBANS

Spirit-Led. Christ-Centred. Contemporary Urban Church