

February 18th, 2024
at 10:00 a.m.

The Booklet

The First Sunday of Lent
A Celebration of Holy Eucharist





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

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.

Bless the Lord who forgives all our sins.
His mercy endures for ever.

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.**

Confession and Absolution

Dear Friends in Christ,
as we prepare for the Paschal Feast (Easter),
continuing in the apostles' teaching and fellowship,
in the breaking of bread, and in the prayers,
let us make ready our hearts to renew the covenant
of our baptism.

Let us ask God to bring to light the things now hidden in darkness,
and to disclose to us the secret purposes of our hearts.

And most especially, let us remember the covenant of our baptism
and test our hearts and conscience to know how faithfully we have persevered in resisting evil, and whenever we fell into sin, have repented and returned to the Lord.

Silence

Holy and immortal God,
you formed us from the dust in your image, and redeemed us from sin and death by the cross of our Saviour. Through the washing of baptism you raised us up with him to share in the new covenant with all your holy people. But we have squandered the inheritance of your saints, and have wandered far in a land that is waste. Therefore we turn to you in penitence and humility. In your great mercy, forgive us and restore us,

**that we may rejoice in your presence, 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.

Now And At The Hour| John Arndt and David
Gungor

Holy mother of God, pray for us, pray for us,
Holy mother of God, pray for us, pray for us,
Now and at the hour of our death, amen, amen,
Now and at the hour of our death, amen

Oh merciful God, forgive us, forgive us,
Oh merciful God, forgive us, forgive us,
For all the things we have done and left undone,
For all the things we have done and left undone

Bridge (Instrumental)

Oh Son of God, rescue us, rescue us,
Oh Son of God, rescue us, rescue us,
Now and at the hour of our death, amen, amen,
Now and at the hour of our death, amen

Collect of the Day

Let us pray.

We pray silently.

God of the wilderness,
your Son battled with the powers of darkness and
grew closer to you in the desert: help us to use these
forty days to grow in wisdom and prayer, so that we
may witness to your saving love in Jesus Christ our
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: Genesis 9:8-17

Hear what the Spirit is saying to the Church.

Thanks be to God.

Psalm 25:1-9

To you, O Lord, I lift up my soul;

my God, I put my trust in you; let me not be humiliated, nor let my enemies triumph over me.

Let none who look to you be put to shame; let the treacherous be disappointed in their schemes.

Show me your ways, O Lord, and teach me your paths.

Lead me in your truth and teach me, for you are the God of my salvation; in you have I trusted all the day long.

Remember, O Lord, your compassion and love, for they are from everlasting.

Remember not the sins of my youth and my transgressions; remember me according to your love and for the sake of your goodness, O Lord.

**Gracious and upright are you, O Lord; therefore
you teach sinners in your way.**

You guide the humble in doing right and teach your
way to the lowly.

The Second Reading: 1 Peter 3:18-22

Hear what the Spirit is saying to the Church.

Thanks be to God.

Aus der Tiefe rufe ich | Martin Herbst, William
Henry Monk, George Hunt Smyttan, Charlie Edholm
Forty days and forty nights you were fasting in the
wild;
Forty days and forty nights tempted and yet
undefiled.

We now in your sorrow share, fast as evil darkens
joy;
Worldly pain draws heaven's care, there we learn to
hear your voice.

Show us now your peace divine as we watch for end
of night;

Till the soil and tend the seed, sure to sprout
though yet to see.

Warmly dawn is drawing near, soon to wake the
world to life;

When the morning bells we hear, time has come for
sun to rise.

The Gospel: Mark 1:9-15

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

Lovers In The Garden | Though I Wander
Two lovers in the garden, holding close
The breeze in her hair, and his winter coat

With nothing but a care for love in the air
Each had the other to keep them warm

Two lovers left the garden close to dawn
Never to return once they had gone
Eternity had passed, each shot a glance back
And left the garden they called their own

Restless hearts, find peace from your wandering
One day we will return to the garden

A man came to the garden on his own
He took off his jacket far from home
With no one to notice where he had gone
He wonders if he should carry on

Restless hearts, find peace from your wandering
One day we will return to the garden

The trees stood in the garden watching all
Many came and went as their leaves did fall
Though branches are bare, the sweet springtime air
Restores the garden to life of old

Restless hearts, find peace from your wandering
Lift your weary eyes toward the sunset skies,
When morning dawns that day, darkness fades away,
One day we will return to the garden

Prayer over the Gifts

God our provider,
you have not fed us with bread alone, but with
words of grace and life.

Bless us and these your gifts, which we receive from
your bounty,
through Jesus Christ our 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.

Blessed are you, gracious God, creator of heaven and

earth; we give you thanks and praise through Jesus Christ our Lord, who was tempted in every way, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore with angels and archangels and all who have served you in every age, we raise our voices to proclaim the glory of your name.

**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

We give thanks to you, Lord our God, for the
goodness and love

you have made known to us in creation; in calling
Israel to be your people;

in your Word spoken through the prophets; and

above all in the Word made flesh, Jesus your Son.

For in these last days you sent him to be incarnate from the Virgin Mary, to be the Saviour and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night he was handed over to suffering and death, a death he freely accepted, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, 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."

Therefore, God, according to his command, **we remember his death, we proclaim his resurrection, we await his coming in glory;**

and we offer our sacrifice of praise and thanksgiving to you, Lord of all;
presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts,
that they may be the sacrament of the body of Christ and his blood of the new covenant. Unite us to your Son in his sacrifice, that we, made acceptable in him, may be sanctified by the Holy Spirit.

In the fullness of time, reconcile all things in Christ, and make them new,
and bring us to that city of light where you dwell with all your children;
through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation; by whom, and with whom, and in

whom, in the unity of the Holy Spirit, all honour and glory are yours, 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, Communion in Christ's body once broken.

Let your Church be the wheat which bears its fruit in dying.

If we have died with him, we shall live with him; if we hold firm, we shall reign with him.

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.

So The Day Dawn For Me | Timothy Dudley-Smith
and David Ashley White

So the day dawn for me, so the day break,
Christ watching over me, Christ as I wake.

Be the day shine for me, be the day bright,

Christ my companion be, Christ be my light.

Be the day dark to me, be the day drear,
Christ shall my comfort be, Christ be my cheer.
Be the day swift to me, be the day long,
Christ my contentment be, Christ be my song.

So the day close for me, so the night fall,
Christ watching over me, Christ be my all.

We Are Sent

Prayer after Communion

Let us pray.

We pray silently.

**Compassionate God,
you have fed us with the bread of heaven. Sustain
us in our Lenten pilgrimage; may our fasting be
hunger for justice; our alms, a making of peace; and
our prayer, the song of grateful hearts; through
Jesus Christ, our Saviour and 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

**Dust We Are And Shall Return | John Arndt and
David Gungor**

From dust we've come and dust we are and shall
return,

Be still my soul and let it go, just let it go

Glory to God

Glory to God in the highest (2x)

Naked we came and shall return into the grave,

Be still my soul and let it go, just let it go

Glory to God

Glory to God in the highest (2x)

Be still my soul, Lord make me whole, Lord make me whole,

Be still my soul, Lord make me whole,

Lord make me whole, Lord make me whole,

Be still my soul, Lord make me whole, Lord make me whole

Glory to God (4x)

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

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>

Meal @ Friel –Our next meal is February 29th! We are meeting February 22nd to finalize roles and the plan! Please let Rev Michael or Daniel (Meal Coordinator) know if you would like to get involved!

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!

Cleaning Bee – Is there a better way to express the solemnity and self-denial that Lent calls us to than by spending two hours cleaning the church?!? Of course not – March 7th from 7-9pm @ St. Albans.

Church Retreat – Our next church retreat is March 14th from 6:30pm-8:00pm at the National Gallery of Canada. Admission is free on Thursday nights, so we will take advantage of that and seek to mediate, congregation, and experience God in and through the art. Contact Rev. Michael if you are interested!

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 – On Leave
Leah Seabrook, Deputy Warden -
leah.seabrook@gmail.com
Moiria Alie, Deputy Warden

St. Albans Church

454 King Edward Ave at Daly
Ottawa, ON K1N 7M8 613-236-
0342

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