

March 3rd, 2024
at 10:00 a.m.

The Booklet

The Third 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.

King's Weston | Ralph Vaughan Williams, John A. Dalles
Come to tend God's garden, seeds of hope to sow,
Planting fields of justice, watching mercy grow,

In an arid wasteland, spread a verdant health,
In a land of tumult, cultivate God's peace.

As we tend God's garden, from its furrows rise
Stems of fresh beginnings, stretching toward the skies,
Graciousness our meadow, joyfulness our root,
Unity our foliage, righteousness, our fruit.

May God's garden flourish, may our toil succeed,
May God bless our actions, every word and deed,
Serving Christ each season, with God's diagram,
Charted by the Spirit, for the task at hand.

Collect of the Day

Let us pray.

We pray silently.

God of mercy,
alone we have no power in ourselves to help ourselves. When we are discouraged by our weakness, strengthen us to follow Christ, our pattern and our hope; who lives and reigns with you and the Holy Spirit, one God, now and for 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: Exodus 20:1-17

Hear what the Spirit is saying to the Church.

Thanks be to God.

Psalm 19

The heavens declare the glory of God, and the firmament shows the handiwork of the Lord.

One day tells its tale to another, and one night imparts knowledge to another.

Although they have no words or language, and their voices are not heard, **their sound has gone out into all lands, and their message to the ends of the world.**

In the deep has God set a pavilion for the sun; it comes forth like a bridegroom out of his chamber; it rejoices like a champion to run its course.

It goes forth from the uttermost edge of the heavens and runs about to the end of it again; nothing is hidden from its burning heat.

The law of the Lord is perfect and revives the soul; the testimony of the Lord is sure and gives wisdom to the innocent.

The statutes of the Lord are just and rejoice the heart; the commandment of the Lord is clear and gives light to the eyes.

The fear of the Lord is clean and endures for ever; the judgements of the Lord are true and righteous altogether.

More to be desired are they than gold, more than much fine gold, sweeter far than honey, than honey in the comb.

By them also is your servant enlightened, and in keeping them there is great reward.

Who can tell how often they offend? Cleanse me from my secret faults.

Above all, keep your servant from presumptuous sins; let them not get dominion over me; then shall I be whole and sound, and innocent of a great offense.

Let the words of my mouth and the meditations of my heart be acceptable in your sight; O Lord, my strength and my redeemer.

The Second Reading: 1 Corinthians 1:18-25

Hear what the Spirit is saying to the Church.

Thanks be to God.

I Heard The Voice Of Jesus Say | English Folk Melody, Horatius Bonar

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.

The Gospel: John 2:13-22

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, God's 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

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*

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

Gracious God,
we know your power to triumph over weakness. May we who ask
forgiveness be ready to forgive one another, in the name of Jesus the 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.

Wondrous Love | American Folk Hymn

What wondrous love is this, O my soul, O my soul,

What wondrous love is this, O my soul!

What wondrous love is this that caused the Lord of bliss

To lay aside his crown for my soul, for my soul,

To lay aside his crown for my soul.

To God and to the Lamb, I will sing, I will sing,

To God and to the Lamb, I will sing.

To God and to the Lamb who is the great I AM,

While millions join the theme, I will sing, I will sing,

While millions join the theme, I will sing.

And when from death I'm free, I'll sing on, I'll sing on,

And when from death I'm free, I'll sing on.

And when from death I'm free I'll sing and joyful be,

And through eternity I'll sing on, I'll sing on,

And through eternity I'll sing on,

I'll sing on, I'll sing on.

We Are Sent

Prayer after Communion

Let us pray.

We pray silently.

God of mercy and forgiveness,

**may we who share this sacrament live together in unity and peace,
in the name of Jesus Christ the 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

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

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

Vestry – Is today after the service. If you are online you can join at
Join Zoom Meeting

<https://us06web.zoom.us/j/84654313014?pwd=SF9TmSdBbXBmpaaaF7vMhaX2nFMIR7.1>

Meeting ID: 846 5431 3014

Passcode: 950856

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

Moira Alie, Deputy Warden

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