

March 10th, 2024
at 10:00 a.m.

The Booklet

The Fourth 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.

For the Beauty of the Earth | Folliott Sandford Pierpoint
For the beauty of the earth,
For the glory of the skies,

For the love which from our birth
Over and around us lies.
Lord of all, to thee we raise
this, our hymn of grateful praise.

For the wonder of each hour
Of the day and of the night,
Hill and vale and tree and flower,
Sun and moon and stars of light,
Lord of all, to thee we raise
this, our hymn of grateful praise.

For each perfect gift of thine,
To our world so freely given,
Graces, human and divine,
Peace on earth and joy in heaven.
Lord of all, to thee we raise
this, our hymn of grateful praise.

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: Numbers 21:4-9

Hear what the Spirit is saying to the Church.

Thanks be to God.

Psalm 107:1-3, 17-22

Give thanks to the Lord who is good, and whose mercy endures for ever.

Let all those whom the Lord has redeemed proclaim that God redeemed them from the hand of the foe.

The Lord gathered them out of the lands; from the east and from the west, from the north and from the south.

Some were fools and took to rebellious ways; they were afflicted because of their sins.

They abhorred all manner of food and drew near to death's door.

Then they cried to you, O Lord, in their trouble, and you delivered them from their distress.

You sent forth your word and healed them and saved them from the grave.

Let them give thanks to you, O Lord, for your mercy and the wonders you do for your children.

Let them offer a sacrifice of thanksgiving and tell of your acts with shouts of joy.

The Second Reading: Ephesians 2:1-10

Hear what the Spirit is saying to the Church.

Thanks be to God.

Shepherd | CityAlight

Though I walk through the valley, and I can't see the way

When the shadows surround me, I will not be afraid

For I know You are with me; You will always provide

Though the path may be lonely, You will stay by my side

I will rest my soul; I'll trust in You alone

For the Lord my Shepherd leads me, leads me
And He is all I need
In the darkest valley I know, I know
My Shepherd is all I need

Lord I know that You seek me when I'm trying to hide
And Your love it pursues me all the days of my life
I will rest my soul; I'll trust in You alone

For the Lord my Shepherd leads me, leads me
And He is all I need
In the darkest valley I know, I know
My Shepherd is all I need

I rest my soul In You alone
You light my way; You lead me on

For the Lord my Shepherd leads me, leads me
And He is all I need
In the darkest valley I know, I know
My Shepherd is all I need

The Gospel: John 3:14-21

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 St. Albans Website - <https://stalbanschurch.ca/donate/>

Peace | Paula Best

Broken conversations, broken people, we're broken Lord.

Terrified illusions, seeking comfort, we're seeking more.

We need each other more than we need to agree.

Father, Son, Spirit bless us with your love, with your grace and peace.

Peace.

Let there be peace.

Let there be peace.

Let there be peace.

Let us see and not destroy. Let us listen. Let us listen.

Let us suspend judgement for the sake of love, for the sake of love.

We need each other more than we need to agree.

Father, Son, Spirit bless us with your love,
with your grace and peace.

Love.

Let there be love.

Let there be love.

Let there be love.

Prayer over the Gifts

God of mercy and compassion,

your Word calls us home to faith and love. Accept all we offer you this day,
in the name of Jesus Christ 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, because you bid your faithful people to cleanse their hearts and to prepare with joy for the paschal feast; that reborn through the waters of baptism and renewed in the eucharistic mystery, we may be more fervent in prayer and more generous in the works of love. Therefore we raise our voices to you in praise 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.*

O Love That Will Not Let Me Go | George Matheson (Alternate tune)

O Love that will not let me go,
I rest my weary soul in Thee.
I give Thee back the life I owe,
That in Thine ocean depths its flow
May richer, fuller be;
May richer, fuller be

O Light that follows all my way,
I yield my flick'ring torch to Thee.
My heart restores its borrowed ray,
That in Thy sunshine's blaze its day
May brighter, fairer be;
May brighter, fairer be.

O Joy that seekest me through pain,
I cannot close my heart to Thee.
I trace the rainbow through the rain,
And feel the promise is not vain,
That morn shall tearless be;
That morn shall tearless be.

O Cross that liftest up my head,
I dare not ask to fly from Thee.
I lay in dust, life's glory dead,
And from the ground there blossoms red,
Life that shall endless be;
Life that shall endless be.

We Are Sent

Prayer after Communion

Let us pray.

We pray silently.

Giver of life,

you enlighten all who come into the world. Fill our hearts with the splendour of your grace, that we may perfectly love you and worthily praise your holy name, through 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

It Is Well With My Soul | Horatio Gates Spafford

When peace like a river attendeth my way
When sorrows like sea billows roll
Whatever my lot, thou hast taught me to say
It is well, it is well, with my soul

It is well with my soul
It is well, it is well with my soul

Though Satan should buffet, though trials should come
Let this blest assurance control
That Christ has regarded my helpless estate
And hath shed His own blood for my soul

It is well (it is well)
With my soul (with my soul)
It is well, it is well with my soul

My sin, oh, the bliss of this glorious thought!
My sin, not in part but the whole
Is nailed to the cross, and I bear it no more
Praise the Lord, praise the Lord, o my soul!

It is well (it is well)
With my soul (with my soul)
It is well, it is well with my soul

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

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!

Easter @ St. Albans – Join us for a variety of services over Easter

Maundy Thursday – 7pm

Good Friday – 10am

Easter Vigil – 7:30pm (Lead by Liturgy Club)

Easter Sunday Morning – 10am

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

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