

May 12<sup>th</sup>, 2024  
at 10:00 a.m.

# The Booklet

Ascension Sunday  
A Celebration of Holy Eucharist



**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.*

## *Welcome*

### **Diademata** | George Job Elvey, Curtis Beach

Praise to the living God, the God of love and light,  
Whose word brought forth the myriad suns and set the worlds in flight;  
Whose infinite design, which we but dimly see,  
Pervades all nature, making all a cosmic unity.

Praise to the living God, from whom all things derive,  
Whose Spirit formed upon this sphere the first faint seeds of life;  
Who caused them to evolve, unwitting towards God's goal,  
Till humankind stood on the earth, as living, thinking souls.

Praise to the living God, who knows our joy and pain,  
Who shares with us our common life, the sacred and profane.  
God toils where'er we toil, in home and mart and mill;  
And deep within the human heart God leads us forward still.

Praise to the living God, around, within, above,  
Beyond the grasp of human mind, but whom we know as love.  
In these tumultuous days, so full of hope and strife,  
May we bear witness to the Way, O Source and Goal of life.

### ***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***

Alleluia! Christ is risen.

**The Lord is risen indeed. Alleluia!**

May his grace and peace be with you.

**May he fill our hearts with joy.**

***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 unheld by word or wall:

lift us from dullness and cynical contempt; make us ready for your Spirit of transforming power; and turn our hearts to the mending of the world, through Jesus Christ, the name above all names. **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:** Acts 1:1-11

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

## **Psalm 47**

Clap your hands, all you peoples; shout to God with a cry of joy.

**For the Lord Most High is to be feared, the great sovereign over all the earth,**

who subdues the peoples under us and the nations under our feet;

**who chooses our inheritance for us, the pride of Jacob whom God loves.**

God has gone up with a shout, with the sound of the ram's-horn.

**Sing praises to God, sing praises; sing praises to our sovereign, sing praises.**

For God is sovereign of all the earth; sing praises with all your skill.

**God reigns over the nations and sits upon the holy throne.**

The nobles of the peoples have gathered together with the people of the God of Abraham. The rulers of the earth belong to God, who is highly exalted.

## **The Second Reading: Ephesians 1:15-23**

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

## **Now The Green Blade Rises | John M. C. Crum, medieval French carol**

Now the green blade rises from the buried grain;

Wheat that in dark earth for many days has lain;

Love lives again, that with the dead has been:

Love is come again like wheat that rises green.

In the grave they laid their Love whom hate had slain,

Thinking that their Love would never wake again,

Laid in the earth like grain that sleeps unseen:

Love is come again like wheat that rises green.

Christ came forth at Easter, like the risen grain,

Jesus, who for three days in the grave had lain,

Quick from the dead the risen One is seen:

Love is come again like wheat that rises green.

When our hearts are wintry, grieving, or in pain,  
Christ's warm touch can call us back to life again,  
Fields of our hearts that dead and bare have been:  
Love is come again like wheat that rises green.

**The Gospel:** Luke 24:44-53

The Lord be with you.

**And also with you.**

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

**Glory to you, Lord Jesus Christ.**

*The Gospel is read*

The Gospel of Christ

**Praise to you, Lord Jesus Christ.**

**Homily – Rev. Cathy**

*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.*

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/>*

### **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***

Source of all joy,  
receive our sacrifice of praise and thanksgiving. Keep us in the love of Christ  
and bring us to the vision of his glory; through the same 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.**

We give you thanks and praise, almighty God,  
through your beloved Son, Jesus Christ,  
our Saviour and Redeemer.

He is your living Word,  
through whom you have created all things.

By the power of the Holy Spirit  
he took flesh of the Virgin Mary  
and shared our human nature.  
He lived and died as one of us,  
to reconcile us to you,  
the God and Father of all.

In fulfilment of your will  
he stretched out his hands in suffering,

to bring release to those who place their hope in you;  
and so he won for you a holy people.  
He chose to bear our griefs and sorrows,  
and to give up his life on the cross,  
that he might shatter the chains of evil and death,  
and banish the darkness of sin and despair.  
By his resurrection  
he brings us into the light of your presence.  
Now with all creation 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**

Holy and gracious God, accept our praise,  
through your Son our Saviour Jesus Christ;  
who on the night he was handed over to suffering and death,  
took bread and gave you thanks, saying,  
“Take, and eat: this is my body which is broken for you.”  
In the same way he took the cup, saying,  
“This is my blood which is shed for you. When you do this, you do it in  
memory of me.”  
Remembering, therefore, his death and resurrection,  
we offer you this bread and this cup,  
giving thanks that you have made us worthy  
to stand in your presence and serve you.

We ask you to send your Holy Spirit  
upon the offering of your holy Church.

Gather into one all who share in these sacred mysteries,  
filling them with the Holy Spirit  
and confirming their faith in the truth,  
that together we may praise you  
and give you glory through your Servant, Jesus Christ.  
All glory and honour are yours,  
Father and Son, with the Holy Spirit in the holy Church,  
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 to share in the body of Christ.

**We, being many, are one body, for we all share in the one bread.**

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.*

## **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.

## **We Are Sent**

### ***Prayer after Communion***

Let us pray.

*We pray silently.*

**Eternal God,**

**may we who share Christ's banquet be one with him as he is one with you.**

**We ask this in the name of Jesus Christ, the risen and ascended 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***

**May You Find A Light |** John Arndt and David Gungor

Lost and weary traveler, searching for the way to go  
Stranger, heavy-hearted, longing for someone you know

May you find a light

May you find a light

May you find a light to guide you home

There are weary travelers searching everywhere you go  
Strangers who are searching, longing deeply to be known

### ***Sending***

Go forth into the world, rejoicing in the power of the Spirit.

**Thanks be to God. Alleluia!**

## **Announcements**

**Naloxone Training redux May 23 @ 7pm** – We are delighted to welcome Dean Dewar the Manager of Centre 454 who is going to give a refresher on Naloxone training, and talk about how the Centre 454 staff respond to overdoses. It is also an amazing opportunity to meet Dean and learn about the work the Centre does.

**Meal @ Friel** – On Tuesday May 28<sup>th</sup> @ 730pm we will be having a debriefing meeting on our efforts on campus this year. Rev Michael is

meeting with University officials and other potential partners in May, and it is our hope that we can discuss how things went, and then set a course for Fall 2024 for the parish at this meeting. If you haven't been involved please reach out to Rev. Michael to get connected, all are welcome.

**Cleaning the Capital** - The Sandy Hill Community Liaison Committee is holding its first community event! We will be participating in Clean the Capital (a little late) on June 8 from 1 p.m. to 4 p.m., starting at the Sandy Hill Community Health Centre. (Rain date: June 9 from 1 p.m. to 4 p.m.) This is a great opportunity for St. Albans to engage with all the members of our neighbourhood, so please plan to come!

**Spring Gathering** – Join us on Friday June 21<sup>st</sup> @ 7pm at the church for an evening of food, games, just being together. More details to follow.

## **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 – [michelle.rg.sorenson@gmail.com](mailto:michelle.rg.sorenson@gmail.com)

Mary-Martha Hale, Warden – [mmhale65@gmail.com](mailto:mmhale65@gmail.com)

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Moira Alie, Deputy Warden

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