

May 26<sup>th</sup>, 2024  
at 10:00 a.m.

# The Booklet

Trinity 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***

### **Here Comes the Sun | The Beatles**

Here comes the sun, Here comes the sun, and I say  
It's alright

Little darlin', it's been a long, cold, lonely winter  
Little darlin', it feels like years since it's been here

Here comes the sun, Here comes the sun, and I say  
It's alright

Little darlin', the smile's returning to their faces  
Little darlin', it seems like years since it's been here

Here comes the sun Here comes the sun, and I say  
It's alright

Sun, sun, sun, here it comes Sun, sun, sun, here it comes

Little darlin', I feel that ice is slowly melting  
Little darlin', it seems like years since it's been clear

Here comes the sun, Here comes the sun, and I say  
It's alright (repeat)

## ***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.*

Enfolding God, Trinity of love,

you are our source, our goal, our life: may we be born again in you, no more  
to live alone and unconnected, but, sharing the Spirit's breath, be carried to  
your heart; through Jesus Christ, who lifts us up. **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:** Isaiah 6:1-8

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

## **Psalm 29**

Ascribe to the Lord, you gods, ascribe to the Lord glory and strength.

**Ascribe to the Lord the glory due the divine name; worship the Lord in the beauty of holiness.**

The voice of the Lord is upon the waters; the God of glory thunders; the Lord is upon the mighty waters.

**The voice of the Lord is a powerful voice; the voice of the Lord is a voice of splendour.**

The voice of the Lord breaks the cedar trees; the Lord breaks the cedars of Lebanon,

**and makes Lebanon skip like a calf, and Mount Hermon like a young wild ox.**

The voice of the Lord splits the flames of fire;

**the voice of the Lord shakes the wilderness; the Lord shakes the wilderness of Kadesh.**

The voice of the Lord makes the oak trees writhe and strips the forests bare. And in the temple of the Lord all are crying, "Glory!"

**The Lord sits enthroned above the flood; the Lord sits enthroned as sovereign for evermore.**

The Lord shall give strength to this people; the Lord shall give this people the blessing of peace.

**The Second Reading:** Romans 8:12-17

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**Holy, Holy, Holy | Reginald Heber**

Holy, holy, holy! Lord God Almighty!

Early in the morning our song shall rise to Thee;

Holy, holy, holy! merciful and mighty!

God in three Persons, blessed Trinity!

Holy, holy, holy! all the saints adore Thee,

casting down their golden crowns around the glassy sea;

cherubim and seraphim, falling down before Thee,  
which wert and art and evermore shalt be.

Holy, holy, holy! Lord God Almighty!  
All Thy works shall praise Thy name, in earth and sky and sea;  
Holy, holy, holy! merciful and mighty!  
God in three Persons, blessed Trinity!

**The Gospel:** John 3:1-17

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, 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/>*

#### **House of God Forever | Jon Foreman**

God is my shepherd  
I won't be wanting, I won't be wanting  
He makes me rest  
In fields of green with quiet streams  
Even though I walk  
Through the valley of death and dying  
I will not fear  
'Cause You are with me, You are with me



Your shepherd's staff comforts me  
You are my feast in the presence of enemies  
Surely goodness will follow me, follow me  
In the house of God forever

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Your shepherd's staff comforts me  
You are my feast in the presence of enemies  
Surely goodness will follow me, follow me  
In the house of God forever  
In the house of God forever  
In the house of God forever

### ***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.**

Blessed are you, gracious God, creator of heaven and earth; we give you thanks and praise, because, in the mystery you disclose to us, you reveal your glory as the glory of your Son and the Holy Spirit: three persons equal in majesty, undivided in splendour, yet one Lord, one God, ever to be adored in your everlasting glory. Therefore with all the company of heaven 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, Almighty God, 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.*

### **You're Still Making Me | Audrey Assad**

When you wove me in the darkness

Were we already face to face?

When you knit me in my mother

In that fearful wonderful way

Did you love me when you hovered

Over her blood and her water

Before she knew my name?

When you wove me in the darkness

Were we already face to face?

Is there an ocean of affection

Where I come from and where I'm bound?

Where all this fear and imperfection

Could be swallowed in love somehow

Is there a seat at this table

For every part of me that's able  
To want to be found?  
Is there an ocean of affection  
Where I come from and where I'm bound?

Maybe you're still making  
You're still making me  
Maybe you're still making  
You're still making me

When I lay down in the evening  
I am learning to believe again  
It is all I can do some nights  
When you're feeling like a long lost friend  
But in the clear light of morning  
I see you standing at the door  
Like you have always been  
So when I lay down in the evening  
I am learning to believe again

Maybe you're still making  
You're still making me  
Maybe you're still making  
You're still making me (Repeat)

But in the clear light of morning  
I see you standing at the door  
Like you have always been  
So when I lay down in the evening  
I am learning to believe again

**We Are Sent**

***Prayer after Communion***

Let us pray.

*We pray silently.*

**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.**

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***

#### **The Times They Are A Changin' | Bob Dylan**

Come gather 'round people Wherever you roam  
And admit that the waters Around you have grown  
And accept it that soon You'll be drenched to the bone  
If your time to you is worth savin' And you better start swimmin'  
Or you'll sink like a stone For the times they are a-changin'

Come writers and critics Who prophesize with your pen  
And keep your eyes wide The chance won't come again  
And don't speak too soon For the wheel's still in spin  
And there's no tellin' who That it's namin'  
For the loser now Will be later to win  
For the times they are a-changin'

Come senators, congressmen Please heed the call  
Don't stand in the doorway Don't block up the hall  
For he that gets hurt Will be he who has stalled  
The battle outside ragin' Will soon shake your windows  
And rattle your walls For the times they are a-changin'

Come mothers and fathers Throughout the land  
And don't criticize What you can't understand  
Your sons and your daughters Are beyond your command  
Your old road is rapidly agin' Please get out of the new one  
If you can't lend your hand For the times they are a-changin'

The line it is drawn The curse it is cast  
The slow one now Will later be fast  
As the present now Will later be past  
The order is rapidly fadin' And the first one now  
Will later be last For the times they are a-changin'

### ***Sending***

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

**Thanks be to God. Alleluia!**

### **Announcements**

**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 (On Leave)

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