

July 14th, 2024
at 10:00 a.m.

The Booklet

Eighth Sunday after Pentecost
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.

Welcome

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.

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.

God of the prophets,

whose word cuts through the webs of power and holds the tyrant to account: be with all who raise their voice against oppression and misrule, who are imprisoned and abused for freedom's sake; help us to stand and speak with them and witness to your kingdom now; through Jesus Christ, the name above all others. **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: 2 Sam 6:1-5, 12b-19

Hear what the Spirit is saying to the Church.

Thanks be to God.

Psalm 24

The earth is the Lord's and all that is in it, the world and all who dwell therein.

For it is God who founded it upon the seas and made it firm upon the rivers of the deep.

“Who can ascend the hill of the Lord and who can stand in the holy place of God?”

“Those who have clean hands and a pure heart, who have not pledged themselves to falsehood, nor sworn by what is a fraud.

They shall receive a blessing from the Lord and a just reward from the God of their salvation.”

Such is the generation of those who seek you, of those who seek your face, O God of Jacob.

Lift up your heads, O gates; lift them high, O everlasting doors; and the One who reigns in glory shall come in.

“Who is this glorious One?” “The Lord, strong and mighty, the Lord, mighty in battle.”

Lift up your heads, O gates; lift them high, O everlasting doors; and the One who reigns in glory shall come in.

“Who is this glorious One?” “The Lord of hosts, the Lord who reigns in glory.”

The Second Reading: Ephesians 1:3-14

Hear what the Spirit is saying to the Church.

Thanks be to God.

The Call | Ralph Vaughan Williams, George Herbert

Come, my Way, my Truth, my Life:

Such a way as gives us breath,

Such a truth as ends all strife,

Such a life as conquers death.

Come, my Light, my Feast, my Strength:

Such a light as shows a feast,

Such a feast as mends in length,

Such a strength as makes a guest.

Come, my Joy, my Love, my Heart:

Such a joy as none can move,

Such a love as none can part,

Such a heart as joys in love.

The Gospel: Mark 6:14-29

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

Julion | David Hurd, Michael Hewlett

Praise the Spirit in creation, breath of God, life's origin,
Spirit moving on the waters, quickening worlds to life within,
Source of breath to all things breathing, life in whom all lives begin.

Praise the Spirit, close companion of our inmost thoughts and ways,
Who, in showing us God's wonders, is himself the power to gaze,
And God's will to those who listen, by a still small voice conveys.

Praise the Spirit, who enlightened priests and prophets with the word,

His the truth behind the wisdoms which as yet know not our Lord,
By whose love and power, in Jesus God himself was seen and heard.

Praise, O praise the Holy Spirit, praise the Father, praise the Word,
Source, and Truth, and Inspiration, Trinity in deep accord,
Through your voice which speaks within us we, your creatures, call you Lord.

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.

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.*

My Song Is Love Unknown | Samuel Crossman, John Ireland

My song is love unknown,
My Savior's love to me,
Love to the loveless shown,
That they might lovely be.
O who am I, that for my sake
My God should take frail flesh and die?

God left the richest throne
Salvation to bestow;
But Christ as flesh and bone
The world refused to know.
But, O my Friend, my Friend indeed,
Who at my need did life expend.

Sometimes they threw down palms
And sweetest praises sang.
Hosannas and glad psalms
Through streets and markets rang.
Then "Crucify!" is all their breath,
For blood and death they thirst and cry.

What has my Sovereign done?
What makes this rage and spite?
Christ gave new strength to run,
Restored the gift of sight.
Sweet injuries! Yet they at these
Themselves displease, and 'gainst Christ rise.

I sing my plain belief,
One song my heart outpours:
Never was pain nor grief,
Never was love like yours.
This is my Friend, in whose sweet praise
I all my days could gladly spend.

We Are Sent

Prayer after Communion

Let us pray.

We pray silently.

**O God,
we give you thanks that you have set before us this feast,
the body and blood of your Son. By your Spirit strengthen us to serve all in
need and to give ourselves away as bread for the hungry,
through Jesus Christ our 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

**Come, Thou Fount of Every Blessing | American Folk Tune, Robert
Robinson**

Come, thou Fount of every blessing, tune my heart to sing your grace;
Streams of mercy, never ceasing, call for songs of endless praise.
Teach me some melodious sonnet, sung by flaming tongues above.
Praise the mount; I'm fixed upon it, mount of God's unfailing love.

Here I pause in my sojourning, giving thanks for having come,
Come to trust, at every turning, God will guide me safely home.
Jesus sought me when a stranger, wandering from the fold of God,
Came to rescue me from danger, blessed body, precious blood.

O to grace how great a debtor daily I am drawn anew!
Let that grace now, like a fetter, bind my wandering heart to you.
Prone to wander, I can feel it, wander from the love I've known:
Here's my heart, O take and seal it, seal it for your very own.

Sending

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

Thanks be to God.

Announcements

Rev Michael – is away from July 1 to July 25, for pastoral emergencies please reach out to Michelle or Mary Martha – emails are below, or the church office (office@stalbanschurch.ca).

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

Mary-Martha Hale, Warden – mmhale65@gmail.com

Leah Seabrook, Deputy Warden - leah.seabrook@gmail.com

Moira Alie, Deputy Warden (On Leave)

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