

July 21<sup>st</sup>, 2024  
at 10:00 a.m.

# The Booklet

Ninth Sunday after Pentecost  
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***

### **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.

## ***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.*

Holy God,  
draw us near to you, so that, in place of hostility, there may be peace;  
in place of loneliness, compassion; in place of aimlessness, direction;  
and in place of sickness, healing; through Christ Jesus,  
in whom you draw near to us. **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 7:1-14a**

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

### **Psalm 89:20-37**

I have found David my servant; with my holy oil have I anointed him.

**My hand will hold him fast and my arm will make him strong.**

No enemy shall deceive him, nor any wicked one bring him down.

**will crush his foes before him and strike down those who hate him.**

My faithfulness and love shall be with him, and he shall be victorious through my name.

**I shall make his dominion extend from the Great Sea to the River.**

He will say to me, 'You are my Father, my God, and the rock of my salvation'

**I will make him my firstborn and higher than the rulers of the earth.**

I will keep my love for him for ever, and my covenant will stand firm for him.

**I will establish his line for ever and his throne as the days of heaven.**

If his children forsake my law and do not walk according to my judgements;

**if they break my statutes and do not keep my commandments;**

I will punish their transgressions with a rod and their iniquities with the lash;

**but I will not take my love from him, nor let my faithfulness prove false.**

I will not break my covenant, nor change what has gone out of my lips.

**Once for all I have sworn by my holiness: 'I will not lie to David.**

His line shall endure for ever and his throne as the sun before me;

**It shall stand fast for evermore like the moon, the abiding witness in the sky.'"**

**The Second Reading:** Ephesians 2:11-22

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 6:30-34, 53-56

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](mailto: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.*

**Nyack|** Horatius Bonar, Warren Swenson

Here, O my Lord, I see thee face to face,  
Here would I touch and handle things unseen,  
Here grasp with firmer hand eternal grace,  
And all my weariness upon thee lean.

Here would I feed upon the Bread of God,  
Here drink with thee the royal Wine of heaven,  
Here would I lay aside each earthly load,  
Here taste afresh the calm of sin forgiven.

I have no help but thine, nor do I need  
Another arm save thine to lean upon,  
It is enough, my Lord enough indeed,  
My strength is in thy might, thy might alone.

Ours is the sin, but thine the righteousness,  
Ours is the guilt, but thine the cleansing Blood,  
Here is my robe, my refuge, and my peace,  
Thy Blood, thy righteousness O Lord my God.

## **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***

**Be Thou My Vision** | Trad., Mary Elizabeth Byrne, Eleanor H. Hull

Be thou my vision, O God of my heart;  
Nothing surpasses the love you impart,  
You my best thought, by day or by night,  
Waking or sleeping, your presence my light.

Be now my wisdom, and be my true word;  
Ever within me, my soul is assured;  
Mother and Father, you are both to me,  
Now and forever your child I will be.

Sovereign of heaven, my victory won,  
May I reach heaven's joys, bright heaven's Sun!  
Heart of my heart, whatever befall,  
Still be my vision, O Ruler of all.

***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](mailto:office@stalbanschurch.ca)).

### **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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