

July 7th, 2024
at 10:00 a.m.

The Booklet

Seventh 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

Come Thou Fount | Robinson

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

Here I raise my Ebenezer;
hither by thy help I'm come;
and I hope, by thy good pleasure,
safely to arrive at home.
Jesus sought me when a stranger,
wandering from the fold of God;
he, to rescue me from danger,
interposed his precious blood.

O to grace how great a debtor
daily I'm constrained to be!
Let that grace now, like a fetter,
bind my wandering heart to thee.
Prone to wander, Lord, I feel it,
prone to leave the God I love;
here's my heart; O take and seal it;
seal it for thy courts above.

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.

Guardian of the weak,

turn the place we live into strongholds of your grace,

temples of your presence, and citadels of your justice,

so that the most vulnerable and most powerful

may find peace in the strong name of Jesus Christ. **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 5:1-5, 9-10

Hear what the Spirit is saying to the Church.

Thanks be to God.

Psalm 48

Great is the Lord, and highly to be praised; in whose city is the holy hill of God.

Beautiful and lofty, the joy of all the earth, is the hill of Zion, the very centre of the world and the city of the great sovereign.

God is in its citadels and is known to be its sure refuge.

Behold, the rulers of the earth assembled and marched forward together.

They looked and were astounded; they retreated and fled in terror.

Trembling seized them there; they writhed like a woman in childbirth, like ships of the sea when the east wind shatters them.

As we have heard, so have we seen, in the city of the Lord of hosts, in the city of our God; God has established it for ever.

We have waited in silence on your loving-kindness, O God, in the midst of your temple.

Your praise, like your name, O God, reaches to the world's end; your hand is full of justice.

Let Mount Zion be glad and the cities of Judah rejoice, because of your judgements.

Make the circuit of Zion; walk round about it; count the number of its towers.

Consider well its bulwarks; examine its strongholds; that you may tell those who come after.

This God is our God for ever and ever, who shall be our guide for evermore.

The Second Reading: 2 Corinthians 12:2-10

Hear what the Spirit is saying to the Church.

Thanks be to God.

For the Beauty of the Earth | Pierpont/Kocher

For the beauty of the earth,
For the glory of the skies
For the love which from our birth
Over and around us lies

Creator 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

Creator to thee we raise This our hymn of grateful praise

For the joy of human love,
Brother, sister, parent, child,
Friends on earth and friends above,
For all gentle thoughts and mild.

Creator to thee we raise This our hymn of grateful praise

For Thyself, best gift Divine
The the world so freely given
Agent of God's grand design
Peace on earth and joy in Heaven

Creator to thee we raise This our hymn of grateful praise

The Gospel: Mark 6:1-13

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/>

Rainbow | Kacey Musgraves

When it rains, it pours
But you didn't even notice it ain't rainin' anymore
It's hard to breathe when all you know is
The struggle of stayin' above the risin' water line

Well, the sky has finally opened
The rain and wind stopped blowin'
But you're stuck out in the same ol' storm again
You hold tight to your umbrella
Well, darlin', I'm just tryin' to tell ya
That there's always been a rainbow hangin' over your head

If you could see what I see, you'd be blinded by the colors
Yellow, red, and orange, and green, and at least a million others
So tie up the bow, take off your coat, and take a look around

'Cause the sky has finally opened
The rain and wind stopped blowin'
But you're stuck out in the same ol' storm again
You hold tight to your umbrella

Well, darlin', I'm just tryin' to tell ya
That there's always been a rainbow hangin' over your head

Oh, tie up the bow, take off your coat, and take a look around
Everything is alright now

'Cause the sky has finally opened
The rain and wind stopped blowin'
But you're stuck out in the same ol' storm again
Let go of your umbrella

'Cause, darlin', I'm just trying to tell ya
That there's always been a rainbow hangin' over your head
Yeah, there's always been a rainbow hangin' over your head

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.

Crowded Table | The Highwomen

You can hold my hand

When you need to let go

I can be your mountain

When you're feeling valley-low

I can be your streetlight

Showing you the way home

You can hold my hand

When you need to let go

I want a house with a crowded table

And a place by the fire for everyone

Let us take on the world while we're young and able

And bring us back together when the day is done

If we want a garden

We're gonna have to sow the seed

Plant a little happiness

Let the roots run deep

If it's love that we give

Then it's love that we reap

If we want a garden
We're gonna have to sow the seed

Yeah I want a house with a crowded table
And a place by the fire for everyone
Let us take on the world while we're young and able
And bring us back together when the day is done

The door is always open
Your picture's on my wall
Everyone's a little broken
And everyone belongs
Yeah, everyone belongs

I want a house with a crowded table
And a place by the fire for everyone
Let us take on the world while we're young and able
And bring us back together when the day is done
I want a house with a crowded table
And a place by the fire for everyone
Let us take on the world while we're young and able
And bring us back together when the day is done
And bring us back together when the day is done

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

All Shall Be Well | John Van Duesen

Thank You for the sun Thank You for the moon
Thank You for the stars at night and the darkness too
Bless You for Your peace Bless You for Your grace
Bless You for Your perfect love and Your perfect ways

And all shall be well All shall be well
All manner of things shall be well
2x

Use me as you will Remove my selfish pride
Create in me a servant heart To bless your holy bride
And when my work is done And the seeds are sown
Please receive my spirit Lord and welcome me home

And all shall be well All shall be well
All manner of things shall be well
2x

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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