

June 23<sup>rd</sup>, 2024  
at 10:00 a.m.

# The Booklet

Fifth 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***

**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.

## ***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 our protector,  
you stood by David in the time of trial. Stand by us through all life's storms,  
giving us courage to risk danger to protect those who are oppressed and  
poor, so that they may know you as their stronghold and hope. **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:** 1 Samuel 17:57-18:5, 10-16

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

### **Psalm 133**

Oh, how good and pleasant it is, when kindred live together in unity!  
**It is like fine oil upon the head that runs down upon the beard, upon the  
beard of Aaron, and runs down upon the collar of his robe.**

It is like the dew of Hermon that falls upon the hills of Zion. For there the  
Lord has ordained the blessing: life for evermore.

**The Second Reading:** 2 Corinthians 6:1-13

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**King's Weston** | Ralph Vaughan Williams, John A. Dalles

Come to tend God's garden, seeds of hope to sow,  
Planting fields of justice, watching mercy grow,  
In an arid wasteland, spread a verdant health,  
In a land of tumult, cultivate God's peace.

As we tend God's garden, from its furrows rise  
Stems of fresh beginnings, stretching toward the skies,  
Graciousness our meadow, joyfulness our root,  
Unity our foliage, righteousness our fruit.

May God's garden flourish, may our toil succeed,  
May God bless our actions, every word and deed,  
Serving Christ each season, with God's diagram,  
Charted by the Spirit, for the task at hand.

**The Gospel:** Mark 4:35-41

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. 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/>*

**O Gracious Light** | David Hurd, F. Bland Tucker

O Gracious Light, Lord Jesus Christ,  
In you the Father's glory shone.  
Immortal, holy, blest is he,  
And blest are you, his holy Son.

Now sunset comes, but light shines forth,  
The lamps are lit to pierce the night.  
Praise Father, Son, and Spirit: God  
Who dwells in the eternal light.

Worthy are you of endless praise,  
O Son of God, Lifegiving Lord;  
Wherefore you are through all the earth  
And in the highest heav'n adored.

***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.**

Holy God, Lover of creation,  
we give you thanks and praise for in the ocean of your steadfast love you  
bear us and place the song of your Spirit in our hearts.



When we turn from your love and defile the earth, you do not abandon us. Your Spirit speaks through Huldah and Micah, through prophets, sages, and saints in every age, to confront our sin and reveal the vision of your new creation. Joining in the song of the universe we proclaim your glory singing:

**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**

Gracious God,  
in the fullness of time you sent Jesus the Christ  
to share our fragile humanity.  
Through Jesus' life, death, and resurrection  
you open the path from brokenness to health,  
from fear to trust, from pride and conceit  
to reverence for you.

Rejected by a world that could not bear the Gospel of life,  
Jesus knew death was near. His head anointed for burial  
by an unknown woman, Jesus gathered together those who loved him.  
He took bread, gave thanks to you, broke it and gave it to his friends,  
saying, "Take and eat: this is my body which is given for you.  
Do this for the remembrance of me."  
After supper, Jesus took the cup of wine, gave you thanks,  
and said "Drink this all of you, this is my blood of the new covenant which is  
shed for you and for many. Whenever you drink it, do this for the  
remembrance of me."

And now we gather at this table in response to his commandment, to share the bread and cup of Christ's undying love, and to proclaim our faith.

**Christ has died. Christ is risen. Christ will come again.**

Breathe your Holy Spirit, the wisdom of the universe, upon these gifts that we bring to you: this bread, this cup, ourselves, our souls and bodies, that we may be signs of your love for all the world and ministers of your transforming purpose.

Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, Creator of all, and we bless your holy name 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.*

**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***

**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.

## ***Sending***

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

**Thanks be to God.**

## **Announcements**

**Planning for Pride TODAY** – Join us at 11:30am after the service, to do some initial planning for St. Albans participation in the Ottawa Pride Parade on August 25<sup>th</sup>.

## **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**

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