

May 17, 2026

THE BOOKLET

Ascension Sunday
A Celebration of Holy Eucharist

ALL ARE WELCOME. ALL ARE LOVED. ALL BELONG.

ST ALBANS



stalbanschurch.ca

YOU'RE WELCOME HERE. WE MEAN IT.

At St. Albans, we welcome everyone, all ages, abilities, genders, cultural backgrounds, sexual orientations, income levels and faith traditions to join us as we seek to deepen our relationship with God and each other.

If you are a breastfeeding parent, you are welcome to breastfeed in your seat or anywhere else in the church, as you feel comfortable. If you'd like to stay informed about what's happening in our community, please fill out a contact card located at the back of the church and drop it in the donation box. If you'd like to connect with Rev. Michael, his email is: revmichael@stalbanschurch.ca

ABOUT THIS BOOKLET

This booklet is your companion during the service. In it you will find song lyrics, prayers, scripture readings, reflections, and more. If you have any questions, don't be afraid to ask someone. We're all in this together.

PARTICIPATION

Our hope is that everyone gathered will feel able to participate in singing, prayers, reading scripture, reflections, and silence. Every time it's your turn to say or do something, you'll usually see it **highlighted in bold**.

At times we may suggest certain postures (standing, sitting, kneeling). You are welcome to adopt whatever posture is appropriate for you at any time.

If you have a prayer request, you can write it on a card located at the back of the church and put it in the basket (first names only please), and we will pray for them (or you) during the service.

For the creatives, we have a communal art cart located at the back of the church stocked with supplies. These art books become an anthology of our collective experience. No need to sign your creation (unless you want to), but please date your work.

WELCOME

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.

Responsive prayers are back-and-forth between the leader and the congregation: Unbolded text is read aloud by the leader. Bolded text is read aloud by the congregation.

LAND ACKNOWLEDGEMENT

All: We respectfully acknowledge the First Nation, Metis and Inuit who are the original inhabitants and caretakers of this land, Turtle Island. The city of Ottawa, where we live, play, pray, work, and be, is on the unceded traditional territory of Algonquin Anishinaabe who have lived here for millennia. Their culture and presence have nurtured and continue to nurture this land. We commit ourselves to walk alongside First Nation, Metis and Inuit in a continued journey towards reconciliation.

GREETING

One: Alleluia! Christ is risen.

All: The Lord is risen indeed. Alleluia!

One: May his grace and peace be with you.

All: May he fill our hearts with joy.

THE OPENING PRAYER

One: O God,

All: 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

One: Let us pray.

(We pray silently)

One: God unheld by word or wall:
lift us from dullness and cynical contempt;
make us ready for your Spirit of transforming power;
and turn our hearts to the mending of the world,
through Jesus Christ, the name above all names.

All: 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: ACTS 1:1-11

One: Hear what the Spirit is saying to the Church.

All: Thanks be to God.

PSALM 47

Clap your hands, all you peoples; shout to God with a cry of joy.
For the Lord Most High is to be feared, the great sovereign over all the earth,

who subdues the peoples under us and the nations under our feet;
who chooses our inheritance for us, the pride of Jacob whom God loves.

God has gone up with a shout, with the sound of the ram's-horn.
Sing praises to God, sing praises; sing praises to our sovereign, sing praises.

For God is sovereign of all the earth; sing praises with all your skill.
God reigns over the nations and sits upon the holy throne.
The nobles of the peoples have gathered together with the people of the God of Abraham. The rulers of the earth belong to God, who is highly exalted.

THE SECOND READING: EPHESIANS 1:15-23

One: Hear what the Spirit is saying to the Church.

All: **Thanks be to God.**

AZMON

Carl Gläser, Lowell Mason, Miriam Therese Winter

O for a world where everyone respects each other's ways,
Where love is lived and all is done with justice and with praise.

O for a world where goods are shared and misery relieved,
Where truth is spoken, children spared, equality achieved.

We welcome one world family and struggle with each choice
That opens us to unity and gives our vision voice.

The poor are rich, the weak are strong, the foolish ones are wise.
Tell all who mourn: outcasts belong, who perishes will rise.

O for a world preparing for God's glorious reign of peace,
Where time and tears will be no more, and all but love will cease.

THE GOSPEL: LUKE 24:44-53

One: The Lord be with you.

All: **And also with you.**

One: The Holy Gospel of our Lord Jesus Christ according to Luke.

All: **Glory to you, Lord Jesus Christ.**

(The Gospel is read)

One: The Gospel of Christ

All: **Praise to you, Lord Jesus Christ.**

WE RESPOND TO THE WORD

HOMILY – REV. MICHAEL

THE APOSTLES CREED

One: We say the Apostles Creed to affirm our faith using words of the ancient church:

All: **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.

One: 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.

All: 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.

One: 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.

All: Amen.

THE PEACE

In the sharing of the Peace we celebrate our reconciliation with God, and extend the gift of peace to one another (Matthew 5:23-24). We are also reminded that it is in meeting others that we meet Christ. Some may smile, wave, offer to shake hands or even hug during this time. Please express yourself however you feel comfortable and remember to ask for consent before touching others.

One: The peace of the Lord be always with you.

All: And also with you.

We share a sign of peace with others.

WE CELEBRATE THE EUCHARIST

THE OFFERING

Thank you for supporting the ministry of St. Albans!
You may make an offering via the donation box at the back of the church. Envelopes can be found there as well. If you wish to donate by e-transfer, Canada Helps, or Paypal, scan this QR code or visit: stalbanschurch.ca/give



DOVE OF PEACE

Southern Harmony, Austin Lovelace, Ruth Duck

How good it is, what pleasure comes,
When people live as one.
When peace and justice light the way
The will of God is done,
The will of God is done.

True friendship then like fragrant oil
Surrounds us with delight
And blessings shine like morning dew
Upon the mountain height,
Upon the mountain height.

How good it is when walls of fear
Come tumbling to the ground.
When arms are changed to farming tools
The fruits of life abound,
The fruits of life abound.

When quiet joy can bloom and grow,
When people work for peace,
When hands and voices join as one
That hate and war may cease,
That hate and war may cease.

PRAYER OVER THE GIFTS

One: God of all creation,
all you have made is good, and your love endures forever.
You bring forth bread from the earth and fruit from the vine.
Nourish us with these gifts, so that we might for the world be
signs of your gracious presence in Jesus Christ,
our Saviour and Lord

All: Amen.

EUCCHARISTIC PRAYER

One: May God be with you.

All: And also with you.

One: Lift up your hearts.

All: We lift them up to God.

One: Let us give thanks to God our Creator.

All: It is right to give our thanks and praise.

One: Blessed are you, gracious God, creator of heaven and earth;
we give you thanks and praise through Jesus Christ our Lord,
who after his glorious resurrection appeared to his disciples,
and in their sight ascended into heaven to prepare a place for
us; that where he is, there we might also be, and reign with
him in glory.

Therefore we praise you with angels and archangels and with
all the company of heaven, who for ever sing this hymn
to proclaim the glory of your name.

The Sanctus

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.

Hosanna, hosanna, hosanna in the highest.

One: 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,

All: we remember his death,we proclaim his resurrection, we await his coming in glory;

One: 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.

All: Amen.

THE LORD'S PRAYER

Please feel free to use the language of your choice.

All: 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

One: Lord, we died with you on the cross

All: Now we are raised to new life.

One: We were buried in your tomb

All: Now we share in your resurrection.

One: Live in us, that we may live in you.

One: The gifts of God for the people of God.

All: Thanks be to God.

COMMUNION

All are welcome to receive communion or a blessing. Communion is received in a series of semi-circles at the front of the church. Indicate to the server if you would prefer to receive a rice wafer instead of wheat. To receive a blessing instead of the communion elements, please cross your arms over your chest. Additionally, to receive, during most services at the front left there will be two individuals who can pray for/with you.

OPEN UP

The Brilliance

You heard the cry of our hearts

And you came down

Freely you gave us your love

Showing us how

Make me an instrument of your peace
Where there is hatred let me sow love
Where there is darkness let me shine light and

May your love cause us to open up
Cause us to open up our hearts
May your light cause us to shine so bright
That we bring hope into the dark

All that we do without love
It means nothing
Grant us the courage to give
As you're calling

Hope for the hopeless, your love is
Strength in our weakness, your love is
May we love, as you love

WE ARE SENT

PRAYER AFTER COMMUNION

One: Let us pray.

(We pray silently)

All: Life-giving God,
in the mystery of Christ's resurrection you send light to
conquer darkness, water to give new life, and the bread of
life to nourish your people. Send us forth as witnesses to
your Son's resurrection, so that we may show your glory
to all the world, through Jesus Christ, our risen Lord.
Amen.

One: Glory to God,

All: 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

One: Go in peace to love and serve the Lord.

All: **Thanks be to God. Alleluia!**

ANNOUNCEMENTS

NEWCOMERS DINNER

Plans are being made for a Newcomer Dinner on June 9th. So if you are new and want to learn more about St. Albans please let Rev Michael or Jennifer Parr (jennifer@leadershipthatmatters.com) know and we will save a place at the table!

ROOM ENOUGH

Building Belonging Beyond Campus

St. Albans is preparing to launch a new initiative called *Room Enough*, a pilot project running from September 2026 to May 2027 that responds to one of the most pressing realities facing students today: loneliness and social isolation.

This initiative represents a natural next step in our growing presence on the University of Ottawa campus. In partnership with UOSU, the project will connect a small cohort of students—particularly those who are far from home or experiencing isolation—with local families for shared meals, conversation, and ongoing relationship. More information about how to participate, either as a student or a family, will be shared in the coming months.



ST ALBANS YOUNG ADULT (18-30) GROUP

There are plans to start a group for young adults at St. Albans to gather informally to discuss life and faith. This will begin in September, but in order to gauge interest and sharpen the focus, two meetings are planned before the summer, after church on Sunday 31 May (after putting in a bit of time at the cleaning bee) and Sunday 21 June. Rosaline Hill and Iain Wallace are co-leaders, and the group will gather at Iain's home, 71 Somerset St. W., Unit 302 (a few minutes walk from the uOttawa O-Train station). If you are interested, or you know of someone who might be, please email Iain (iwgeog@gmail.com) for further information.

MUSIC PARTICIPATION

We're hoping to expand the vision of music at St. Alban's. If you are interested in participating on the music team in any capacity, please let Charlie Edholm (charlieedholm@gmail.com) know.

ST. ALBANS STAFF

The Rev. Michael Garner: revmichael@stalbanschurch.ca

In the event of a pastoral emergency please call Rev. Michael 613-797-9802

Church Administration: office@stalbanschurch.ca

ST. ALBANS WARDENS

Ryan Dening, Warden: deningart@gmail.com

Leah Seabrook, Warden: leah.seabrook@gmail.com

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