

**Recorded Service of the Word**  
**The Anglican Parish of St. Mary of the Incarnation**  
**Serving the Community of Metchosin BC since 1862**  
*The Rev. Aneeta Saroop*

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The Fifth Sunday After Pentecost

July 5, 2020

We ring the bells every Wednesday at noon to give thanks for all frontline workers and healthcare professionals during this time of Covid-19. Our bell ringer this week is Doug Ruth.

We worship on the traditional territory of the Coast Salish People – The Scia’new, Beecher Bay people of the Douglas Treaty. We invite you to acknowledge the ancestral traditional lands from where you join us. Whoever you are and wherever you are on your journey of faith, welcome.....

Let us hold this moment open to the Spirit as we gather our hearts and minds from our homes and join as one as we prepare for worship.....

**GATHERING**

Hymn

*Rejoice Today with One Accord CP# 318*

Shirley Roodbol

Celebrant: The grace of our Lord Jesus Christ,  
the love of God, and the fellowship of the Holy Spirit,  
be with you all.  
**And also with you.**

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.

The Collect of the Day

*Celebrant*

Almighty God, your Son Jesus Christ has taught us that what we do for the least of your children we do also for him. Give us the will to serve others as he was the servant of all, who gave up his life and died for us, but lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

## WORD

Zechariah 9:9-12

Dale Morrison

*Written by an unknown author some 300-400 years before Jesus birth the writer of this text from Zechariah looks towards a king coming who will inaugurate a time of peace. During this time Alexander was the Greek commander whose army was forging a large empire and it may be that the writer had Alexander in mind when writing these words. However, more appropriate for Christians as we hear these words is the person of Christ, the prince of peace who, according to the gospel writer, entered Jerusalem "humble and riding on a donkey". A reading from Zechariah, chapter 9, verses 9-12*

Rejoice greatly, O daughter Zion!  
Shout aloud, O daughter Jerusalem!  
Lo, your king comes to you;  
triumphant and victorious is he,  
humble and riding on a donkey,  
on a colt, the foal of a donkey.  
He will cut off the chariot from Ephraim  
and the warhorse from Jerusalem;  
and the battle-bow shall be cut off,  
and he shall command peace to the nations;  
his dominion shall be from sea to sea,  
and from the River to the ends of the earth.

As for you also, because of the blood of my covenant with you,  
I will set your prisoners free from the waterless pit.  
Return to your stronghold, O prisoners of hope;  
today I declare that I will restore to you double.

Hear what the Spirit is saying to the Church. **Thanks be to God**

Psalms 145:8-14

Rachel Mitten

The Lord is gracious and full of compassion, \*  
slow to anger and of great kindness.  
The Lord is loving to everyone\*  
and his compassion is over all his works  
All your works praise you, O Lord;\*  
and your faithful servants bless you.  
They make known the glory of your kingdom\*  
and speak of your power;  
That the peoples may know of your power\*

and the glorious splendour of your kingdom  
Your kingdom is an everlasting kingdom;\*  
your dominion endures throughout all ages.  
The lord is faithful in all his words\*  
and merciful in all his deeds.

Almighty God, give us grace to know you more and more, that knowing we may love and loving we may praise, that the whole world may hear your name and worship you, through Jesus Christ our Lord.

Romans 7:15-25a

Russ Mitten

*The reading that you will hear from Romans, chapter 7 needs a brief explanation. Although the personal pronoun "I" that you will hear throughout the text gives the impression that the writer is speaking of himself, Paul is actually using a technique called "speech-in-character". We would call this "impersonation", the approach that an actor employs in his or her acting role. The "I" in this passage is not Paul but the situation that various "I's", various members in the Christ-community in Rome face. Bear this in mind as you listen to this extract from Paul's letter to Rome (Philip Wadham)*

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched person that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin.

Hear what the Spirit is saying to the Church. **Thanks be to God**

Gospel Alleluia

Shirley Roodbol

The Lord be with you

Deacon Wally Eamer

**And also with you**

The Holy Gospel + According to Matthew chapter 11

Matthew 11:16-19,25-30

'But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

"We played the flute for you, and you did not dance;  
we wailed, and you did not mourn."

For John came neither eating nor drinking, and they say, "He has a demon"; the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds.'

At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

The gospel of our Lord. **Praise to you Lord Jesus Christ**

Reflection

The Rev. Aneeta Saroop

Hymn

*I Heard The Voice of Jesus Say CP 318*

Rachel Mitten

## THANKSGIVING

Confession and Absolution

Celebrant: Dear friends in Christ,  
God is steadfast in love and infinite in mercy  
God welcomes sinners and invites them to God's 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 neighbour as ourselves.  
We are truly sorry and we humbly repent.  
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.**

Celebrant: 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.**

### Confession of Faith

Hear, O Israel,

The Lord our God, the Lord is one.

Love the Lord your God

with all your heart,

with all your soul,

with all your mind,

This is the first and the greatest commandment.

The second is like it"

Love your neighbour as yourself.

There is no commandment greater than these.

### Prayers of the People

Deacon Wally Eamer

We give thanks for living in Canada and pray for the strength to bring the Good News of Jesus Christ to our neighbours. That we may hear and heed Christ, we say, together: **"Lord, hear our prayers"**

For indigenous peoples, the Black Lives Matter movement, and all people of God affected by systemic racism or injustice, and for the homeless and those affected by substance use, may we create better ways forward.

**Lord, hear our prayers.**

For Linda, our Primate, and Mark, our National Indigenous Bishop, for Ansley, Barry and others who carry the responsibilities of our Bishop's office until the electoral Synod, for Aneeta our Pastor, and all ministers as they tend their flocks during the pandemic. In the Anglican Church of Canada, we pray for David Greenwood, Bishop of the Diocese of Athabaska, and the clergy

and people of the Diocese. In the Evangelical Lutheran Church in Canada, we pray for the congregations of the southern area of Saskatchewan Synod. **Lord, hear our prayers.**

For Elizabeth our Queen, Justin our Primate Minister, John our Premier, our mayors, Chiefs, and all public leaders and officials, that they may be calm and kind in their work. **Lord, hear our prayers.**

For the billions of people who face the pandemic and other diseases without medical care, and in extreme poverty and insecurity, especially refugees, migrant workers, and the poor in Africa, Latin America and southern Asia.

**Lord, hear our prayers.**

We pray for Naheed, Rahanna and their daughter that they may be safe until they can immigrate to Canada, and, once here, may they flourish. We give thanks for Rosena and Amaika from Haiti joining their step parents in Canada. We pray for all refugees, migrant workers, and the global poor who face pandemic, hunger and chronic uncertainty.

**Lord, hear our prayers.**

We pray for all those sick with covid, ebola, measles or other diseases. We pray for strength and health among all medical, vaccination, care and other essential workers during the pandemic. **Lord, hear our prayers.**

We also give thanks to our neighbours on Vancouver Island that we have responded well to the challenge of the pandemic. We pray for people in and known to our parish, specifically: for Jan, for Willi and Gordon, April and Caleb, for Sonya, Judith, Maya, Kelsi, Andy, Thomas and Frank, for Eugene, Harriet, Janette, and for Bob, Rich, Katrina and Jaime. **Lord, hear our prayers.**

Jesus, thank you for your patience. We will try to do better today than yesterday. **Amen**

#### Lord's Prayer

Pastor Aneeta

Gathered into one by the Holy Spirit, let us pray as Jesus taught us using a version from the New Zealand Prayer Book:

**Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,  
Source of all that is and that shall be,  
Father and Mother of us all,  
Loving God, in whom is heaven:**

**The hallowing of your name echo through the universe!  
The way of your justice be followed by the peoples of the world!  
Your heavenly will be done by all created beings!  
Your commonwealth of peace and freedom sustain our hope and come on earth.**

With the bread we need for today, feed us.  
In the hurts we absorb from one another, forgive us.  
In times of temptation and test, strengthen us.  
From trials too great to endure, spare us.  
From the grip of all that is evil, free us.

For you reign in the glory of the power that is love, now and for ever.  
Amen.

~ *New Zealand Prayer Book*

Hymn

*Joyful Joyful We Adore Thee CP 425*

Allison Marshall

## SENDING

**Announcements:** Thank you for joining us in worship today. Thanks to Allison, Shirley, Rachel, Dale, Russ, Philip, Wally and welcome back Ed! We have Zoom Fellowship and Coffee Hour today at 11:00 am. An email was sent to you yesterday with the Zoom meeting ID and password.

We have Zoom Kids Sunday School at 10:00 and Join us on Wednesdays at 1pm for a social and prayer time...Check out the website for contacts for our Zoom meetings.

And please join us for Zoom Messy Church this Friday, contact Sharleen or the church office for details.

June Photo contest – winners for June will be announced soon!

judges Naheed and Rahanna will make their final decisions as they get to know us and their new home through our photos.

Next week a survey will be sent out to the congregation by email or you can request a hard copy. We ask ALL members of St. Mary to take part in the survey as it pertains to our conversation and careful plans to re-open.

People of the Triune God  
Receive our Lord's blessing.

Benediction The Lord bless you and keep you, the Lords face shine on your with grace and with mercy and the Lord look upon you with favour + and give you peace, Amen.

Deacon            Go in peace to love and serve the Lord. Alleluia!  
People            Thanks be to God.

Join us every week for worship. A link to the recording will be sent out via email along with a liturgy to follow along every week. Join us for Zoom “Children’s Chat” at 10:00 am. If you’d like to join and haven’t been in contact with Scott please email him at [scott.dolff@gmail.com](mailto:scott.dolff@gmail.com). This Wednesday join us for online Zoom drop in prayer at 1:00 pm.

Pastor Aneeta can be reached for pastoral concerns at ([asaroop@bc.anglican.ca](mailto:asaroop@bc.anglican.ca)) or call (250-812-5965)

Today! – At 11am we will begin our Zoom coffee time. A virtual room to log in after worship and spend some social time together. If you haven’t tried Zoom yet, don’t be frightened! It’s the second-best thing to meeting in person. Wally or I can help you get set up.