

ST Catherines CHURCH



MARCH 6, 2022

10 AM FRESH EXPRESSIONS SERVICE

FIRST SUNDAY IN LENT



Presider: Rev. Sharon Smith
Music: Rob Gloor & Singers
Greeters: Marion Porter and Gillian Holland
Coffee Group: Penny Zuk, Roslyn Jackson and Julia Hadrill
Altar Guild: Bonnie Grundy
Reader 1: Kim Mead
Reader 2: Peter Mercer
Intercessor: Deborah Foster
Livestream: Paul Clark
Sunday School: Ethan Spence

GATHERING

A Fresh Expression is a form of church for our changing culture, this liturgy is co-created by members of our community in an attempt to incorporate Anglican Spirituality into worship.

Welcome & Intention: Rev Sharon Smith

A moment of silent reflection.

Presider: For thousands of years, indigenous peoples have walked on this land; their relationship with the land is at the centre of their lives and spirituality. We are gathered on the traditional territory of the Squamish and Tsleil Waututh peoples.

All: We acknowledge their stewardship of this land.

Presider: We who come from other lands express our gratitude for the blessing of living, working, playing, laughing, and loving on this beautiful land.

All: Thanks be to God.

Presider: We gather in the name of God,

All: Source of all being, Eternal Word and Holy Spirit. Amen.

Prayer of Purity:

(Book of Alternative Services)

Presider: Ever-present God,

**All: To you all hearts are open
all desires known,
and from whom 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**

Confession:

(Praying with the Earth – John Philip Newell)

Presider: Let us remember before God our selfish
ways, the things we have done wrong,
the sorrows we have caused, the love
we have not shown.

Silence is kept

Presider: Clear our heart, O God

All: that we may see you.

Presider: Clear our heart, O God

All: that we may truly see ourselves.

Presider: Clear our heart, O God,

All: that we may know the sacredness of this moment, and in every moment seek you, serve you, and strengthen you as the **Living Presence in every presence.**

Presider: Clear our heart, O God

All: that we may see. Amen

Kyrie

Leader: Lord Have Mercy

All: Lord Have Mercy

Leader: Christ Have Mercy

All: Christ Have Mercy

Leader: Lord Have Mercy

All: Lord Have Mercy

Prayer of the Day: *(by Padraig O Tuama)*

Presider: Jesus in the wilderness —
your mouth
must have tasted of sand;
your skin must have been dry
and your body weak.
What kept you steady?

All:

**Jesus, keep us steady
in the practice of what is
true and just and beautiful.
Because even hungry, even alone,
even insignificant
you were held steady
by prayers
and sacred words
in your heart.
Jesus keep us steady.
Amen.**



Artist: Courtney Carmody

Gathering Hymn: God Sends Us the Spirit

God sends us the Spirit to befriend and help us.
Re-create and guide us, Spirit-Friend.
Spirit who enlivens, sanctifies, enlightens,
sets us free, is now our Spirit-Friend.

REFRAIN

Spirit of our Maker, Spirit-Friend.
Spirit of our Saviour, Spirit-Friend.
Spirit of God's people, Spirit-Friend.

Darkened roads are clearer, heavy burdens lighter,
when we're walking with our Spirit-Friend.
Now we need not fear the powers of the darkness:
none can overcome our Spirit-Friend. (*REFRAIN*)

Now we are God's people, bonded by his presence,
agents of his purpose, Spirit-Friend.
Lead us forward ever, slipping backward never,
to your remade world, our Spirit-Friend. (*REFRAIN*)

PROCLAMATION OF THE WORD

1st Reading: The Bread of Life by George MacLeod

(Leader of Iona Community: 1938-1967)

In the sixth chapter of St. John's Gospel there is declared the apex of the relationship between the spiritual and the material.

Jesus had fed the multitude, this passage records: and aroused by the grossest of the expectations of the coming of the Messiah – that when he came, he would feed everyone – the multitude pursued Him to make Him king. At once Jesus reasserts the spiritual nature of His Kingdom: He is the bread of life in a spiritual sense. But no sooner has He reasserted the spiritual than he uses of Himself the most material language in the whole New Testament: 'Except ye eat the flesh and drink the blood of the Son of Man.' He declares, 'ye have not life in yourselves.' Indeed, the closest translation is 'except ye munch the flesh.' Could there be a more material figure of speech? And yet again, no sooner is it used, than He asserts the spiritual: 'It is the spirit that giveth life, the flesh profiteth nothing.'

The meaning incomparably shines through. The mark of Christian spirituality is to get one's teeth into things. 'I was an hungered and ye gave me meat' ... "Lord, when saw we Thee an hungered?... 'Inasamuch as ye have alone it unto the least of these my brethren."

Painstaking service is humankind's most material needs is the essence of Christian spirituality. Yet it is only the spirit in which we do things that profits anything.

But further, if truly get the spiritual view of material actions, a transubstantiation begins to transform the matter itself. As our bodies are the temples of the Holy Spirit, not in the sense of prisons that keep the Spirit captive, but in the sense of designs that can actually be transmuted by the action of the Spirit so our environment.

Ultimately, in the mystery, this whole earthly creation itself can spiritually be permeated and transformed.

Poetic Response: A prayer by George MacLeod

Christ above us, Christ beneath us,
Christ beside us, Christ within us.

Invisible we see you, Christ above us.

With earthly eyes we see above us clouds or sunshine, grey or bright.

But with the eye of faith, we know you . . .

instinct in the sun ray,

speaking in the storm,

warming and moving all creation, Christ above us.

Invisible we see you, Christ beneath us. With earthly
eyes we see beneath us stones and dust and dross, . . .
But with the eye of faith, we know you uphold.

In you all things consist and hang together:

The very atom is light energy,
the grass is vibrant,
the rocks pulsate.

All is in flux; turn but a stone and an angel moves.

Underneath are the everlasting arms.

Unknowable we know you, Christ beneath us.

Inapprehensible we know you, Christ beside us.

With earthly eyes we see men and women,
exuberant or dull, tall or small.

But with the eye of faith, we know you dwell in each.

You are imprisoned in . . .

the dope fiend and the drunk,
dark in the dungeon, but you are there.

You are released, resplendent, in the loving mother, . . .

the passionate bride,
and in every sacrificial soul.

Inapprehensible we know you, Christ beside us.

Intangible, we touch you, Christ within us.
With earthly eyes we see ourselves,
dust of the dust, earth of the earth.
But with the eye of faith,
we know ourselves all girt about of eternal stuff,
our minds capable of divinity,
our bodies groaning, waiting for the revealing,
our souls redeemed, renewed.
Intangible we touch you, Christ within us.

Song of Response: I Want Jesus to Walk With Me

I want Jesus to walk with me.
I want Jesus to walk with me.
All along my pilgrim journey,
Lord, I want Jesus to walk with me.

In my trials, Lord, walk with me.
In my trials, Lord, walk with me.
When my heart is almost breaking,
Lord, I want Jesus to walk with me.

When I'm in trouble, Lord, walk with me.
When I'm in trouble, Lord, walk with me.
When my head is bowed in sorrow,
Lord, I want Jesus to walk with me.

Second Reading: Luke 4:1-13

After being filled with the Holy Spirit at his baptism, Jesus is led in the wilderness. Through his responses to these temptations, he defines what it means to be called children of God.

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, “If you are the Son of God, command this stone to become a loaf of bread.” Jesus answered him, “It is written, ‘One does not live by bread alone.’”

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, “To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.” Jesus answered him, “It is written,

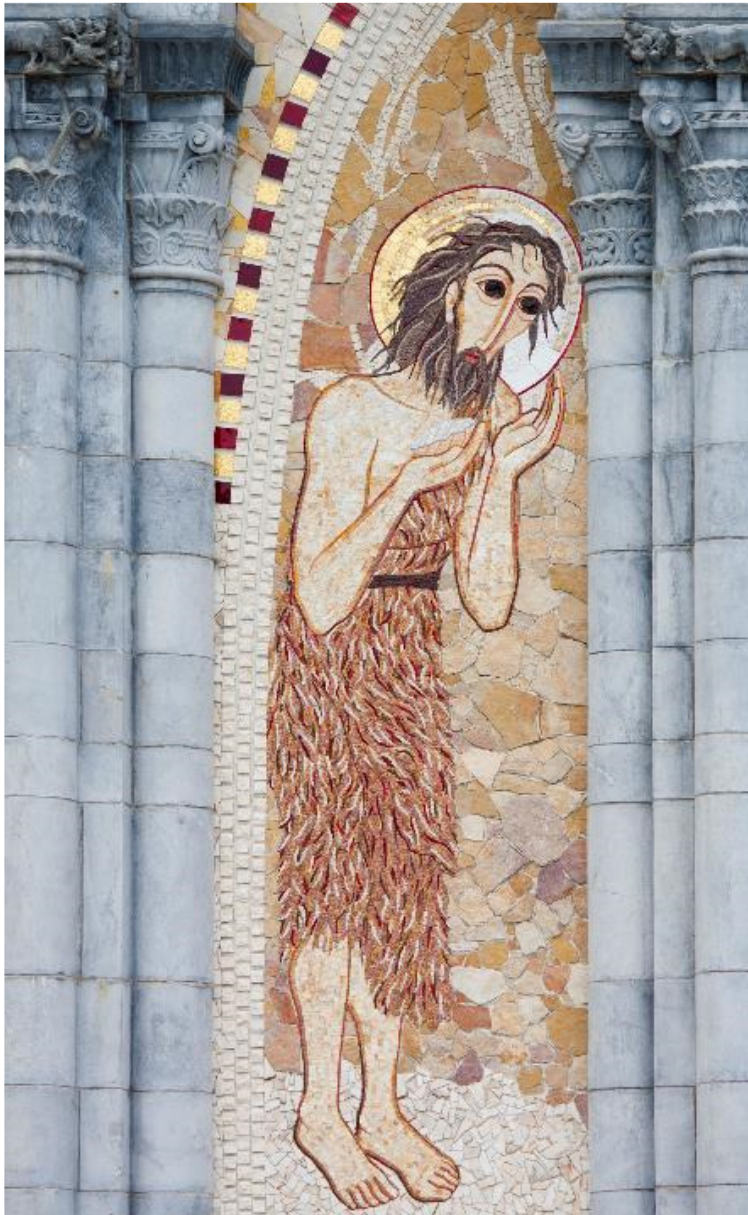
‘Worship the Lord your God,
and serve only him.’”

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him,

“If you are the Son of God, throw yourself down from here, for it is written,

‘He will command his angels concerning you,
to protect you,’ and ‘On their hands they will bear
you
up, so that you will not dash your foot against a
stone.’”

Jesus answered him, “It is said, ‘Do not put the Lord
your God to the test.’” When the devil had finished
every test, he departed from him until an opportune
time.



John the Baptist

Rosary Basilica
Lourdes, France

Reflections: Rev. Sharon

Silent Reflection:

The community are invited to respond in silent contemplation.

The time ends with the sound of a singing bowl.



The Holy Spirit and Fire with Baptismal Font -- Church in Mexicali, Mexico

PRAYER

Prayers of Concern:

(From Daily Prayers for All Seasons, Episcopal Church USA)

Leader: God of hope, help us who struggle in our daily work.

**All: When we lose our purpose,
renew our hope in you.**

Please add your prayers, silently or aloud.

Leader: When we bow to hatred,
renew our trust in you.

**All: When we despair of bliss,
renew our joy in you.**

Leader: When we take offense at others,
renew our life in you.

Please add your prayers, silently or aloud.

Leader: When we compromise our values,
renew our faith in you.

**All: When we cherish regrets,
renew our freedom in you.**

Leader: When we surrender to despair,
renew our hope in you.

The leader adds specific prayers at this time.

Leader: Hold us, and all people, in your loving care,
and may we be hope for others. Amen.

The Light of Peace

A member of the community lights a candle from the Altar light and walks it down the aisle and lights votive candles.

Presider: We light this candle in the name
of the Creator.
We light this candle in the name of Christ.
We light this candle in the name of the
Spirit.

Song of Peace *(Sara Thomsen from traditional Gaelic)*

Deep peace of the rolling waves to you.
Deep peace of the silent stars.
Deep peace of the blowing air to you.
Deep peace of the quiet earth.
Let peace, let peace, let peace fill your soul.
May peace, may peace, may peace keep you whole.

Presider: May the peace of God – Creator, Christ and
Holy Spirit be always with you,
and those you love.

People: And also with you.

The community are invited to gesture to one another a sign of peace, respecting social distancing.

You are invited to light candles for people and places that have no peace.



Baptism of Christ -- Dave Zelenka

COMMUNION

Preparing the Table: I Will Follow (*Instrumental*)

The Eucharistic Prayer

Preface for Lent (BAS); Eucharistic Prayer (ELCIC VIII)

Presider: Blessed are you, gracious God
Creator of Heaven and Earth
Because you call your faithful
people
to cleanse our hearts
And to prepare with joy with this
paschal feast That reborn through the
waters of baptism and renewed in the
Eucharistic mystery
We may be more fervent in prayer
And more generous in works of love.

Therefore, we raise our voices to you in
praise:

**All: Holy, Holy, Holy Lord
God of power and might.
Heaven and earth are full of your glory,
Hosanna in the highest.
Blessed is he who comes in the name of the
Lord. Hosanna in the highest.
Hosanna in the highest.**

Presider:

God of our weary years,
God of our silent tears,
You have brought us this far along the way.
In times of bitterness you did not abandon
us.
But guided us in the path of love and light.

In every age you sent prophets to make
known your loving will for all humanity.
The cry of the poor has become
your own cry; our hunger and thirst for
justice is your own desire.

In the fullness of time,
you sent your chosen servant to preach
good news to the afflicted, to break bread
with the outcast and despised,
and to ransom those in bondage
to prejudice and sin.

In the night in which he was betrayed,
Our Lord Jesus took bread
and gave thanks; broke it, and gave it to his
disciples, saying:
Take and eat; this is my body, given for you.
Do this for the remembrance of me.

Presider: Again, after supper, Jesus took the cup,
Gave thanks, and gave it for all to drink,
saying: This cup is the new covenant in my
blood, shed for you and all people for the
forgiveness of sin.
Do this for the remembrance of me.
For as often as we eat of this bread and
drink of this cup we proclaim the Lord's
death until he comes.

**All: Christ has died. Christ has risen.
Christ will come again.**

Presider: Send your Holy Spirit, our advocate,
**All: to fill the hearts of all who share this
bread and cup with courage and
wisdom to pursue love and justice in all
the world. Join our prayers and praise
with your people of every age, that,
rejoicing in the hope of the resurrection,
we might live in freedom.**

Presider: Through him, with him, in him,
in the unity of the Holy Spirit, all glory
and honour is yours,
Creator God, now and forever,
All: Amen.

Lord's Prayer (*Sung*):

**All: Our Father 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 forever. Amen.**

Fraction (Breaking the Bread):

Presider: We break this bread

All: Communion in Christ's body once broken.

Presider: Let your Church be the wheat which bears its fruit in dying.

**All: If we have died with him,
we shall live with him;
if we hold firm, we shall rise with him.**

Invitation to the Table:

Presider: The gifts of God for the people of God

People: Thanks be to God.

Communion:

All people are welcome to receive Communion of one kind (Wafers). Gluten free wafer are available upon request.

Please wear your mask and sanitize your hands before receiving. We ask that you wait until you have returned to your seat before removing your mask and consuming the wafer.

While the communion is being administered, we respectfully ask that you keep the silence.

Candle lighting during this time is welcomed.

Communion Hymn: I Am the Bread

I am the Bread, the Bread of Life;
who comes to me will never hunger.
I am the Bread, the Bread of heaven;
who feeds on me will never die.
And as you eat, remember me,
my body broken on the tree:
my life was given to set you free,
and I'm alive for evermore.

I am the Vine, the living Vine;
apart from me you can do nothing.
I am the Vine, the real Vine:
abide in me and I in you.
And as you drink, remember me,
my blood was shed upon the tree:
my life was given to set you free,
and I'm alive for evermore.

So eat this bread and drink this wine,
and as you do, receive this life of mine.
All that I am, I give to you,
that you may live for evermore.

SENDING

Announcements – Rev. Sharon

Blessing: (*Iona Wee Worship Book*)

Presider: Christ's food in our souls

All: Our food shared like his.

Presider: Christ's life in our hands,

All: Our lives shaped by his.

Presider: Christ's love in our hearts,

All: Our love warmed through his.

Presider: Christ's peace on our path,

All: Our path following his.

Sending Song: Led By the Spirit

Led by the Spirit of our God,
we go to fast and pray
With Christ into the wilderness;
we join His paschal way.

"Rend not your garments, rend your hearts.

Turn back your lives to me."

Thus says our kind and gracious God,
whose reign is liberty.

Led by the Spirit,
we confront temptation face to face,
And know full well we must
rely on God's redeeming grace.

On bread alone we cannot live,
but nourished by the Word.

We seek the will of God to do:
this is our drink and food.

Led by the Spirit,
now draw near the waters of rebirth
With hearts that long to worship God
in spirit and in truth.

"Whoever drinks the drink
I give shall never thirst again."

Thus says the Lord who died for us,
our Savior, kin and friend.

Led by the Spirit,
now sing praise to God the Trinity:
The Source of Life,
the living Word made flesh to set us free,
The Spirit blowing where it will
to make us friends of God:
This mystery far beyond our reach,
yet near in healing love.

Dismissal:

Presider: Go in peace to live a life of service
People: **Thanks be to God.**



Baptism of Christ

Giotto
Scrovegni Chapel
Padua, Italy

Lenten Study

Engaging Sacred Space

As St Catherine's looks at how we can transform our Sanctuary into a more inviting and beautiful space for worship and for members of the community to use, we need to look at ideas that honour our tradition and incorporate a respectful use of space by the community. Join us on this journey so that we can explore these ideas together on three evenings (from 7 to 8:30pm) in Lent. The first two will be on zoom, and we hope that the final one will be in the church. We encourage you to participate in all three if possible.

Thursday, March 17: ***On Holy Ground*** – reflecting upon Mission from the place we are now.

Thursday, March 24: ***Building a Blueprint*** – moving towards a renewed understanding of Mission rooted in architecture and theology.

Thursday, March 31: ***In this Together*** – hospitality and the ministry *of* Sacred Spaces from and for communities.

Our guides for these evenings are Peter Elliott and Thomas Roach. Peter currently serves as the interim Director of Anglican Formation at Vancouver School of Theology and is a leadership coach in private practice. From 1994 to 2019 he was the Dean of Christ Church Cathedral and oversaw extensive renovations to the heritage building and its liturgical space. Thomas is a textile artist, community art facilitator and liturgical designer. In 2021 he was awarded the Companion of Worship Arts by the Anglican Church of Canada for his leadership in the integration of arts and liturgy.

Events this Week:

Tuesday Evening 8-9 pm on Zoom:

At the end of our busy days, we will be praying together, reflecting on a scripture and/or wisdom saying, sitting in silence and discussing our experience. We will be opening ourselves up with the Welcoming Prayer and Centring Prayer Practices to draw near to God in every moment.

Zoom details at www.saint-catherines.org

Wednesday Communion at AMICA at 10 am:

Once a month we gather for communion to encounter God. This service is at AMICA seniors residence in Edgemont.

- We slow down
- We pray
- We reflect on scripture
- We encounter God in silence
- We share bread as Jesus taught us

All are welcome.

For more information contact Natasha in the office: scadmin@shaw.ca