



Trinity United Church

3555 5th Ave. Prince George, BC V2M 1K8

250.563.9167 – office@TrinityPG.ca

www.TrinityPG.ca



You are...Wanted...Included...Affirmed

Sunday, March 17, 2024 - 10:00 AM

Theme: Lent 5 – Simple Prayer

† indicates stand as you are able

MV = More Voices

Bold indicates participation by the people

VU = Voices United

Core Values: Living Faith - Inclusive Fellowship
Joyful Service – Being Anti-Racist – Affirming All

GATHERING AS COMMUNITY

PRELUDE

WELCOME & TERRITORIAL ACKNOWLEDGEMENT

Hadih, welcome in the name of The Christ.

All: Welcome to this place of worship, situated on the Ancestral and unceded lands of the Lheidli T'enneh people.

Welcome to this place of blessing, this space of grace, and this holy sanctuary.

This place where we discern how to live into the way of Jesus.

All: We gather this morning to share in song, word, and prayer, to publicly, intentionally, and explicitly affirm that we are all an expression of the divine's holy light.

Be welcomed.

All: Be present.

Be a blessing.

LIFE & MINISTRY (Announcements)

THE PEACE OF CHRIST SHARED WITH ALL

The peace of Christ be with you!

And also with you.

GROUNDING SONG: *Lord May Our Resting*

Words © Sam Hargreaves,

admin by ChurchSongs.co.uk CCLI # 7212311

LIGHT OF CHRIST AND RECONCILIATION

CALL TO WORSHIP (Leader)

† HYMN: *Lord, Prepare Me to be a Sanctuary*

MV#18

GATHERING PRAYER & PRAYER OF JESUS (Rev. Bob)

This morning we ground ourselves with the Ignatian Examen. ... may these words translated from the original Aramaic remind us of those taught to our ancestors as they resonate deep within us.

Our Father-Mother Who art above and within:

Hallowed be Thy Name in twofold Trinity.

In Wisdom, Love and Equity Thy Kingdom come to all.

Thy will be done, As in Heaven so in Earth.

Give us day by day to partake of Thy holy Bread,

and the fruit of the living Vine.

As Thou dost forgive us our trespasses,

so may we forgive others who trespass against us.

Shew upon us Thy goodness,

that to others we may shew the same.

In the hour of temptation, deliver us from evil. Amen.

EMBRACING GOD'S LOVE AND GRACE (Responsive)

Life. It can be so hectic....

Together let's repeat that pattern 3 times.

Rest is worship. When we calm our minds and open our hearts we realize that we are uniquely made in the image of God. In the fullness of our humanity and expression, we are loved. Even when we believe we aren't busy enough and there's more we could be doing, God says, we are enough.

† HYMN: *How Firm a Foundation*

VU#660

A STORY FOR THE AGES

(Lectionary@Home: Jeremiah 31:31-34; Psalm 51; Hebrews 5:5-10; & John 12:20-33)

FOCUS READINGS: Matthew 6:5-8

Reader: In these words and our pondering the Holy becomes known.

Many: Thanks be to God

ANTHEM: *Only God*

SERMON: *Prayer: Its More Than You Think*

TIME FOR REFLECTION: A time for quiet reflection and contemplation

PRAYERS FOR OTHERS, OURSELVES, AND THE WORLD

BEING THE CHURCH THROUGH SERVICE

SHARING OUR GIFTS FOR MINISTRY

†**OFFERTORY PRAYER** (Unison)

Creator, we know that rest is holy and yet so many struggle just to survive, spending every waking moment finding the basic necessities of life. May these symbols of our commitment to your gospel be ways that others may find some rest amid life's challenges. Together, may we serve one another and the world. Amen.

† **HYMN:** *I Am the Dream* **MV#106**

†**COMMISSIONING & BENEDICTION**

†**HYMN** *When We Are Living (Vs1&4)* **VU#581**

POSTLUDE

PARTICIPATING IN WORSHIP LEADERSHIP TODAY: *Worship Leader – Jullian Narayan; Worship Assistant – Nancy Shelford; Pianist – Vic Steblin; Choir Director – Erica Skowron; Associate Choir Director – Diane Kjorven; Adult Choir; Digital Ministry – Rebecca Fillier and Shannon Carson*

