

FIRST SUNDAY OF ADVENT

Hope



November 30, 2025
10:30 am

The spiritual life is, then, first of all a matter of keeping awake... always able to respond to the slightest warnings that speak, as though by a hidden instinct, in the depth of the soul that is spiritually alive."

— Thomas Merton, *Thoughts in Solitude* (1958), p. 46

Note: We are a Scent Free Facility for the health and comfort of those with allergies. Thank you for helping us care for one another.

All are warmly welcomed to our worship.
We ask visitors to introduce themselves and to join us
for social hour after the service.

Kids Church is offered during the 10:30 am service.
The children will leave for age appropriate activities part way through.
Children are also welcome to stay at the activity table.

Welcome, Introduction & Invitation to Stillness

Presider We acknowledge with gratitude that we live and worship on
the traditional, ancestral, and unceded lands of the
k^wik^wəłəm (Kwikwetlem) First Nation, shared historically
with the q̓ic̓əy̓ (Katzie) and other Coast Salish Peoples.

We give thanks for their care of the land, waters and
creatures through the generations,
and we commit ourselves to walk gently upon this earth
and to live as good neighbours.

Opening Acclamation

Presider Blessed be God who lights our path.

All And blessed be God's kingdom, now and always.

Presider The grace of our Lord Jesus Christ be with you

All And also with you.

Gathering Hymn - *Wake, O Wake and Sleep No Longer (OCP 597)*



1. Wake, O wake, and sleep no long - er, For he who calls you
2. Zi - on hears the sound of sing - ing; Our hearts are thrilled with
3. Glo - ry, glo - ry, sing the an - gels, While mu - sic sounds from



is no stran - ger: A - wake, God's own Je - ru - sa - lem!
sud - den long - ing: She stirs, and wakes, and stands pre-pared.
strings and cym - bals; All hu - man - kind, with songs a - rise!



Hear, the mid - night bells are chim - ing The sig - nal for his
Christ, her friend, and lord, and lov - er, Her star and sun and
Twelve the gates in - to the cit - y, Each one a pearl of



roy - al com - ing: Let voice to voice an - nounce his name!
strong re - deem - er— At last his might - y voice is heard.
shin - ing beau - ty; The streets of gold ring out with praise.



We feel his foot - steps near, The Bride - groom at the
The Son of God has come To make with us his
All crea - tures round the throne A - dore the ho - ly



door— Al - le - lu - ia! The lamps will shine With
home: Sing Ho - san - na! The fight is won, The
One With re - joic - ing: A - men be sung By



light di - vine As Christ the sav - ior comes to reign.
feast be - gun; We fix our eyes on Christ a - lone.
ev - 'ry tongue To crown their wel - come to the King.

Presider God be with you.

All: And also with you.

Presider Let us pray,
Faithful God,

**All you have called us by name and gathered us here.
You see us as we are and love us still.
Lift our burdens, open our hearts,
and make us ready to worship you with joy and hope,
through Jesus Christ our Lord. Amen.**

The Lighting of the Advent Wreath - *The Candle of Hope*
The first candle is lit as we sing

Hymn - *On Christmas Morn* - Jason Wood

1. You burdened souls lift up your heads
For hope is born on Christmas morn
Shake off the bonds of crippling dread
For hope is born on Christmas morn
The night of anguish soon shall pass
For Lo! Alight on the horizon
The morning star has dawned at last
For hope is born on Christmas morn
For hope is born on Christmas morn

Collect of the Day *(the special prayer which 'collects' the theme of the day)*

Presider Hope-bringer,
in whom we live and move and have our being:
rouse us from sleep,
that we may watch for your coming with hearts awake
and lamps burning.
Help us to walk as children of light,
casting off the works of darkness
and clothing ourselves in your grace,
that when you come, we may be found ready;
through Jesus Christ,
the one who is and who was and who is to come. **Amen.**

Gathering of Children

Children and their leaders are invited to come forward for a prayer before heading to Kids Church. They'll rejoin us in time for Communion. Children are also welcome to stay with us; activities are available at the table located at the back.

Presider Loving God,
**All bless these children and their leaders as they go out,
 and bless us all as we gather to hear your word.
 Help us all - young and old -
 to grow in faith, love and understanding.
 May your Spirit guide us,
 and may your love unite us, now and always. Amen.**

Kyrie - Lord Have Mercy - Mass of Communion

Ky - ri - e, e -

VERSE 2

le - i - son. Lord, have mer - cy. Chri - ste, e -

le - i - son. Christ, have mer - cy.

VERSE 3

Ky - ri - e, e - le - i - son. Lord, have mer - cy.

Lord, have mer - cy.

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Proclamation of the Word

The Readings

Presider Let us prepare ourselves for the Word of God as it comes to us through the reading of the Holy Scriptures.

All **Our hearts and minds are open.**

First Reading - *Isaiah 2:1-5*

Reader Hear what the Spirit is saying.

All **Thanks be to God.**

Psalm - Psalm 122



1. I rejoiced because they said to me
“Will you go up to the house of the Lord.”
And now we have set foot within your gates
O Jerusalem **Refrain**

2. Jerusalem, built as a city
With compact unity
To it the tribes go up,
the tribes of the Lord **Refrain**

3. According to the decree for Israel
To give thanks to the name of the Lord
In it are set up judgment seats
Seats for the house of David **Refrain**

4. Pray for the peace of Jerusalem!
May those who love you prosper!
May peace be within your walls
Prosperity in your buildings **Refrain**

5. Because of my brothers and friends
I will say, “Peace be within you!”
Because of the house of the Lord, our God
I will pray for the good **Refrain**

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Second Reading - Romans 13:11-14

Reader Hear what the Spirit is saying
All **Thanks be to God**

Please stand as you are able for the Gospel Reading

Gospel Acclamation - *Alleluia*

Al - le - lu - ia. Al - le - lu - ia. Al - le - lu, al - le -

1, 3 2 **VERSE**

7 Dm C Dm C Dm

lu - ia. lu, al - le - lu - ia. *(Cantor intones appropriate verse with*

13 Gm7 C7 Fmaj7 Dm

Gm7 C7 F Fsus *D.C. al Coda*

20

27 **Coda** Gm Dm C Fsus F

lu, al - le - lu, al - le - lu - - ia.

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Reader The Holy Gospel of our Lord Jesus Christ
according to Matthew.

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

Gospel – *Matthew 24:36-44*

Reader The Gospel of Christ.

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

Homily - *Rev. Philip Cochrane*

Special Christmas Song - *Awake*



1.A-wake! The day ap - pro - aches sal - va - tion draw-ing near. One word of
 2.A-wake! A wind is blow - ing to quick-en and to clean-se. Our souls af -
 3.A-wake! A hymn is lift - ing from the lips of the mute and poor. The scales of
 4.A-wake! Shake off your slum - ber in vig'-lant cour-age wait Let sloth nor



jus - tice spo - ken will be balm for our toil and tears "Till he shall bring re - fresh -
 - flick - ed grow - ning i - n sick - ne - ss and in death The pro - mised one Mes - si -
 power are shift - ing let the si - len - ce weep no more Un - checked by greed and vio -
 sin en - cum - ber Til we glimpse that rad - ient day At loves bright vis - i - ta -



- ing for all who rest - less morn. With breath - less faith, con - fess we: Come quick - ly
 - a His breath shall pierce the night our dry bones to in - spi - re our cool hearts
 - lence Un - fetter - ed, full, and strong. Will be the song that ris - es when our Sav - ior
 - tion the night shall reel and quake A - rize in ex - pec - ta - tion now slee - per



bles - sed Lord. Re - jo - o - o - ice! Re - jo - o - o - ice! For our
 to ig - nite.
 Christ has come.
 now a - wake!



hope will dawn like the morn - ing sun, bring - ing life to a land of death.

Jason Wood

Affirming Our Faith

Presider Together, we declare the faith that holds us
and the hope that leads us.

**All We believe in God, the Source of Life,
by whom every being in heaven and earth
is created, named, and sustained.**

**We believe in God, the Living Word,
who restores us to relationship
and speaks to us through faith.**

**We believe in God, the Holy Spirit,
who comforts, guides, and strengthens us
to share the good news of grace.**

**We believe in God,
one, holy, undivided Trinity:
Source of Life, Living Word,
Comforter: Mystery. Amen.**

Prayers of the People

Confession & Absolution

Presider We come before God
aware of the dark places in our lives.
Trusting in the light that is coming,
we confess the times we have lost hope
and the moments we have hidden from grace.
Let us open our hearts before God.

We keep a moment of quiet for reflection

Presider God of all mercy,
**All we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that enslaves us, the evil we have
done, and the evil done on our behalf.
Forgive, restore, and strengthen us through our
Saviour Jesus Christ, that we may abide in your love
and serve only your will. Amen.**

Presider Almighty God have mercy on you, forgive you all your sins
through the grace of Jesus Christ, strengthen you in all
goodness, and by the power of the Holy Spirit keep you in
eternal life. **Amen.**¹

The Peace

Presider In the tender mercy of our God,
the dawn from on high shall break upon us.
Let us share the peace of Christ with one another.

(The congregation greets one another with a sign of peace.)

Offertory

In gratitude for all we've received, we offer of ourselves back to God. Bread, wine, and money symbolize the fruits of our labour. If you give through Pre-Authorized Donations or e-transfer (office@saintlaurence.ca), you're welcome to use a blue card to represent your offering to the glory of God.

Offertory Hymn - *Christ Be Our Light* (S&S 105)

1. Longing for light, we wait in darkness.
Longing for truth, we turn to you.
Make us your own, your holy people,
light for the world to see.

Refrain

Christ, be our light! Shine in our hearts.
Shine through the darkness.
Christ, be our light!
Shine in your church gathered today.

2. Longing for peace, our world is troubled.
Longing for hope, many despair.
Your word alone has pow'r to save us.
Make us your living voice. **Refrain**

3. Longing for food, many are hungry.
Longing for water, many still thirst.
Make us your bread, broken for others,
shared until all are fed. **Refrain**

4. Longing for shelter, many are homeless
Longing for warmth, many are cold.
Make us your building, sheltering others,
walls made of living stone. **Refrain**

5. Many the gifts, many the people,
many the hearts that yearn to belong.
Let us be servants to one another,
making your kingdom come. **Refrain**

Prayer over the Gifts

Presider God of promise,

**All receive these gifts as signs of our watching and waiting.
Bless the work they make possible -
the worship, care, and ministries of this place.
Prepare our hearts for the light that is coming.
Through Christ, our hope. Amen.**

Celebration of our Sacred Meal

The Great Thanksgiving

Presider God is with you.

All And also with you.

Presider Lift up your hearts.

All We lift them up to God.

Presider Let us give thanks to God our Creator.

All We give our thanks and praise.

Presider Creator, you made our world - beautiful and good.
You made us to live in right relationship with you
and all creation. You sent Jesus to live among us
and show us what you are like.

We give all thanks and praise to you, our true
and loving God. You laid the foundations of the earth
and enclosed the seas. You brought forth all creatures
and gave breath to humankind.
Wondrous are you, Holy One.

All you create is a sign of hope for our journey.
And so, we join with the heavenly beings
and all of creation as we sing:

Sanctus - Holy - Mass of Communion

Ho - ly, ho - ly, ho - ly Lord God of hosts.

Heav - en and earth are full of Your glo - ry. Ho - san - na in the high -

est. Bless - ed is He who comes in the name of the Lord. Ho -

san - na in the high - est. Ho - san - na in the high - est.

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Presider Glory and honour are yours, Creator of all,
your Word has never been silent.

Of your grace, you sent Jesus to be human,
to share our life,
to proclaim the coming of your holy reign,
and to give himself for us.

Through Jesus Christ you have reconciled us to you
and restored the glory you intended for us.

Presider On the night before he died, Jesus ate supper with his friends. He took bread, gave thanks, broke it, and gave it to them, saying:

*“Take and eat. This is my very self given for you.
Do this for the remembrance of me.”*

Then he took the cup of wine, again he gave thanks, and gave it to them, saying:

*“Drink it all of you. This cup is a new covenant
poured out for you and all people.
Do this for the remembrance of me.”*

And so, we remember: the cross, the tomb, the resurrection and ascension, and, longing for Christ’s coming again in glory, we present these gifts to you.

Send your Holy Spirit upon us and upon these gifts, so that we who share this bread and wine may be a people of hope, justice and love.

Draw us together in Christ, and, in the fullness of time, gather us with all your people into the joy of your eternal home.

Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator and give you our unending praise. **Amen.**

Lord's Prayer

Our Fa-ther, who art in heav-en, hal-low-ed be
thy name; thy king-dom come; thy will be done on
earth as it is in heav-en. Give us this day our
dai - ly bread; and for - give us as we for - give
oth - ers; and lead us not in - to temp - ta - tion,
but de - liv - er us from e - vil.
For the king - dom and the pow - er and the
glo - ry are yours for - ev - er. A - men.

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The Breaking of the Bread

The celebrant breaks the consecrated bread.

Presider We break this bread
to share in the body of Christ.

All **Though we are many, we are one body,
for we all share in the one bread.**

Lamb of God - *Mass of Communion*

4 C B $\flat$ Dm
Lamb of God, You take a - way the sins of the world, mi - se - re - re
no - - bis. Lamb of God, You take a - way the
8 B $\flat$ /F F Dm C/E F C Gm7
sins of the world, mi - se - re - re no - - bis.
13 B $\flat$ maj7 B $\flat$ /D F Dm C/E F C
Lamb of God, You take a - way the sins of the world, do - na no - bis pa -
17 B $\flat$ C F
cem, do - na no - bis pa - - - cem.

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The Invitation

Presider This table is spread for all who wait in hope
and long for the coming light.
Come and be fed, strengthened for the journey.

Presider The gifts of God for the people of God.

All **Thanks be to God.**

The Distribution

At St. Laurence, everyone is invited to the table. You may receive only the bread or both bread and wine. Non-fermented grape juice is available in the ceramic chalice, and gluten-free wafers are offered, just ask at the distribution. If you prefer a blessing, simply cross your arms across your chest.

Communion Hymn - *Christ the Lord* (OCP 128)



1. Dark - ness hangs, the world is ach - ing, Yearn - ing for the
2. As we wait with hope for res - cue Love de - scends and
3. Part - ing clouds re - veal his won - der: Might - y King in
4. On us now the Son is shin - ing, Lift - ing us to



1. com - ing light. In his ris - ing, hope a - wak - ing,
2. all is well. Proph - ets tell, "Your God is with us.
3. vic - to - ry. Trem - bling earth and roll - ing thun - der,
4. his em - brace. Shame is cursed, no more con - found - ing;



1. Love has come to steal the night. In our hearts true east we're
2. Heav - en's gift, Em - ma - nu - el." He is here, but hid as
3. Blaz - ing sun and quak - ing sea. Now he comes, our King, in
4. Lift your head and know his face. Love in - car - nate, breath in -



1. fac - ing, Toward the com - ing of our Lord. Morn - ing ris - ing,
2. low - ly In the poor and mys - ter - y. Where the bread and
3. glo - ry; Saints re - joice and dark - ness flees. Ris - ing rays of
4. dwell - ing, Now in truth is truth made known. We are his and



1. gloom now flee - ing; Christ re - turned! His word is true!
2. wine are of - fered He is here: our God and King.
3. light his char - iot, Christ the Lord has made us free.
4. he for - ev - er Is our God and he a - lone.

Communion Hymn - *Ready the Way* (S&S 293)

Refrain

Read-y the way, read-y the way, read-y the way

1 of the Lord. 2 of the Lord.

Verse 1

1. Make straight the road, raise the val - leys, and

1. moun-tains make low. Turn-ing from sin, let the bro-ken be whole,

1. and read-y the way of the Lord. to Refrain

Verses 2, 3

2. As we wait for you, give us the strength to walk
3. Let us see your face; in our hearts we pre-

2. in your truth, so we may love more like you
3. - pare a place. Come bring this world your mer - cy and grace

2. and
3. as we } read-y the way for you, Lord. to Refrain

Text: Based on Isaiah 40:3, 4a. Text and music © 2004, Curtis Stephan.
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Moment of Silence

Take a moment to be still and know God. Let the world's noise fade as you listen for the deep stillness beneath it all. The silence begins and ends with the ringing of a bell.

Prayer after Communion

Presider God of majesty,

All All you have fed us at your table.

**Keep us faithful in proclaiming Christ's reign of love,
until all creation is made new,
through Jesus Christ our Lord. Amen.**

Presider 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.**

Announcements

Blessing

Presider Our Lord says, 'I am coming soon.'

All Amen. Come, Lord Jesus.

Presider May the God of hope fill you with patience in the waiting.
May Christ, the coming Light,
scatter the darkness before your path.
And may the Holy Spirit keep you watchful and ready.

And the blessing of God,
our Creator, Redeemer, and Giver of Life,
be with you this day and always. **Amen.**

Closing Hymn - *Soon and Very Soon*

1. Soon and very soon
We are going to see the King
Soon and very soon
We are going to see the King
Soon and very soon
We are going to see the King
Hallelujah, hallelujah, we're going to see the King!
2. No more crying there
We are going to see the King
No more crying there
We are going to see the King
No more crying there
We are going to see the King
Hallelujah! Hallelujah, we're going to see the King!
3. No more dying there
We are going to see the King
No more dying there
We are going to see the King
No more dying there
We are going to see the King
Hallelujah! Hallelujah, we're going to see the King!
4. Soon and very soon
We are going to see the King
Soon and very soon
We are going to see the King
Soon and very soon
We are going to see the King
Hallelujah, hallelujah, we're going to see the King!

Text and Music: Andrae Crouch 1976 Crouch Music and Bud John songs EMICMCPublishing

Minister Go in peace to follow Christ our King,
who gave himself for the world.

All Thanks be to God.

*The flowers on the altar this morning are given
to the glory of God, with thanks for blessings
received in a 60 year marriage between
Albert & Antoinette Lebrun.*



Acknowledgements

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Office Hours:

10:00am-3:00pm (drop-in)
Monday - Friday

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NEWS & NOTES

Wednesday Morning Gathering - 9:00 am

From silence to laughter, scripture to table - wrestling with faith, in good company.

Join us midweek for Communion, scripture, and honest conversation. A safe space to share questions, explore diverse perspectives, and deepen fellowship. Start your day nourished in spirit and community.



Searching for Emmanuel: An Advent Series with Archbishop John Stephens

Spend four Tuesday evenings in Advent taking a journey with the pilgrim characters of the season:

Mary, Elizabeth, Joseph, and John the Baptist.

Archbishop John will offer teaching on their stories and the Prologue from the Gospel of John, with small group discussion using scripture, image, song, and poetry to help us deepen our own pilgrim journeys.

When: Tuesday evenings, November 25–December 16

Time: 7pm on Zoom

Register: <https://us06web.zoom.us/j/84451234567>

Lighting the Way: An Advent Vigil with Rev Philip

Join our Rector, Philip, this Advent for a season of intentional prayer and reflection as we prepare our hearts for the coming of Christ.

Morning Prayer (December 1 – December 24, **8:00 am - Monday - Friday**)

Each weekday morning, Philip will be leading Morning Prayer on our YouTube channel. It will be gently liturgical in shape to guide our prayer together. Each session includes biblical reflection and a time for open prayer.

You can join live or watch the recording whenever it fits your schedule. Submit prayer requests in the comments section.

The Advent Candles (Wednesdays at **7:30pm**)

Wednesday evenings throughout Advent, we'll gather online for themed reflections exploring each of the Advent candles (Hope, Peace, Joy, and Love) using each week's theme as the basis for Evening Prayer. We'll conclude each evening with a time of Examen, an ancient practice of prayerful reflection

(don't worry, he will explain how it works!).

Whether you join daily or occasionally, these evergreen offerings are designed to help us keep the ancient discipline of Advent.

Let's light the way together toward Christmas.

Find us: <https://www.youtube.com/@StLaurenceCoq>