# FIRST SUNDAY OF ADVENT

# Норе



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."

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 kwikwaxam (Kwikwetlem) First Nation, shared historically with the qicay (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.

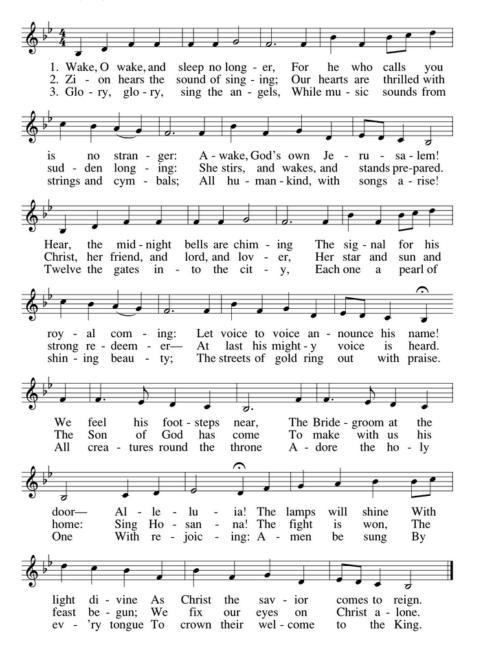
#### Opening Acclamation

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)



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



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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.

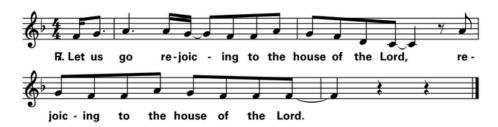
All Our hearts and minds are open.

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*
- 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

#### Gospel Acclamation - Alleluia



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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.

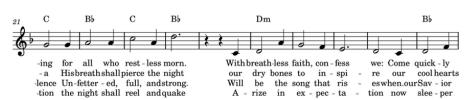
All Praise to you, Lord Jesus Christ.

Homily - Rev. Philip Cochrane

#### Special Christmas Song - Awake











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.**<sub>1</sub>

#### 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)

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.

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

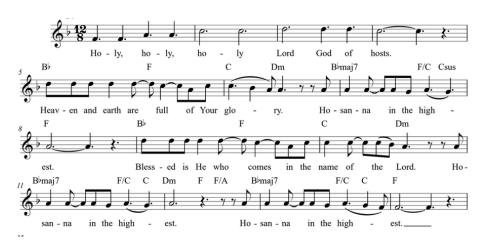
and show us what you are like.

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



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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



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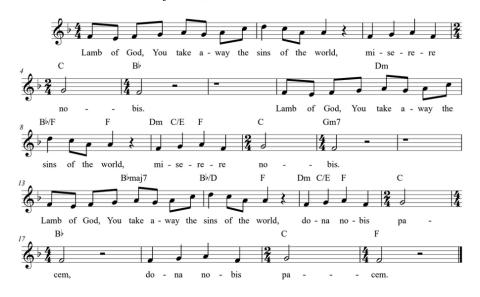
# The Breaking of the Bread

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



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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)



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



Text: Based on Isaiah 40:3, 4a. Text and music © 2004, Curtis Stephan. Published by spiritandsong.com®. All rights reserved.

#### 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 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/meeting/ register/yW6NvpXeRbK8aXrItJmm3A#/registration

# 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