

# Saint Andrew's United Church

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*We are called to be the united church. Mission is our home. We foster belonging; provide spiritual accompaniment; and ask the deep questions.*

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**The First Sunday in Lent  
February 22<sup>nd</sup>, 2026**

## **TAKING A BREATHER**

++ Please rise in body or spirit

MV = More Voices; VU = Voices United;

TLUS = Then Let Us Sing

## **PRELUDE**

## **ANNOUNCEMENTS**

### **GREETING:**

God be with you.

**And also with you.**

## **SLOWING IT DOWN**

**CENTRING:**       *[Sung]*

**Come and find the quiet centre  
in the crowded lives we lead.**

**Find the room for hope to enter,  
find the frame where we are freed:**

**Clear the chaos and the clutter,  
clear our eyes that we may see  
All the things that really matter,  
be at peace, and simply be...**

## **CATCHING OUR BREATH**

I invite you to take a deep breath...

*[take a moment to breath in and out slowly]*

If you have a watch on,

I invite you to take it off for this hour of worship.

If you have a phone, I invite you to turn it off or put it away now.  
If that makes you very anxious, that's okay – maybe next week  
you'll be able to do it.  
Just notice the feeling and give it some thought.

Let these simple acts (or maybe not-so-simple acts)  
be a sign of the commitment to give ourselves a break,  
to give ourselves just an hour to catch our breath,  
to give our *selves* time to give God attention.

### **PRAYER FOR CLEARING OUT**

Let us pray a prayer for clearing out.  
Spacious God, we come today hoping for tools  
to sweep away the stress.

**Let us make room for You.**

Nudge us in this time of worship  
to seek the things that really matter.

**Let us find room for You.**

Help us to claim our own selves  
as a holy sanctuary where you dwell.

**Let us be room for you.**

In the name of Jesus, who invites us to wholeness.

**Amen.**

### **TERRITORY ACKNOWLEDGMENT:**

*We worship on the unceded territory of the Halq'eméylem-speaking  
peoples.*

### **CANDLE LIGHTING:**

**++HYMN:** “Lord of All Hopefulness, Lord of All Joy”

### **++PASSING THE PEACE:**

The peace of Christ be with you.

And also with you.

## **TAKING NOTE**

**MUSIC** “With You, O Lord” – Songs from Taize 31

**TIME FOR THE YOUNG AT HEART** “Sabbath”

**RECONNECTING (SCRIPTURE):** Reader: Nancy Mawson  
Matthew 11:28 - 12:8

**FOCUSING ON THE MAIN THING (SERMON)**

**HYMN:** “Come to Me, O Weary Traveller” [Tune: VU 387]

## **TAKING CARE**

**TIME OUT (MEDITATION)**

**CENTRING:** [*sung*]

**Silence is a friend who claims us,  
cools the heat and slows the pace,  
God it is who speaks and names us,  
knows our being, face to face**

**Making space within our thinking,  
lifting shades to show the sun,  
Raising courage when we're shrinking,  
finding scope for faith begun.**

**PRAYER**

**THE LORD'S PRAYER** [*sung*] “Abana in Heaven”

**NOTICING WHAT'S IMPORTANT (OFFERING)**

Let us present our offering to the work of God.

**++OFFERTORY:** *[sung]*

**For time to savour God's good gifts  
For space to breath and hearts to lift  
For ways to reach out and give  
We offer thanks and vow to live!**

## **TAKING IT OUT**

**++HYMN:** VU 575 – “I'm Gonna Live So God Can Use Me”

## **INVITATION TO LENTEN PRACTICES**

### **BLESSING:**

May the tempo of your day be just right.  
May you seize the day, but also savour the moment.  
May your life be the one you live  
and not just watch passing by.

And may you be reacquainted each day  
with an unhurried God  
who is calling you to dive deeply into love.

**EXTROIT:** *[sung]*

**In the Spirit let us travel,  
open to each other's pain,  
Let our loves and fears unravel,  
celebrate the space we gain:**

**There's a place for deepest dreaming,  
there's a time for heart to care,  
in the Spirit's lively scheming  
there is always room to spare.**

**END OF WORSHIP**

**BEGINNING OF SERVICE IN THE COMMUNITY**



*St. Andrew's is a member  
of Affirming United*

