



ST. PAUL'S

ANGLICAN CHURCH

Connecting people with God and each other

Sunday, February 22, 2026: First Sunday in Lent

*We shall not live by bread alone, but by every word
that proceeds from the mouth of God. (Matthew 4:4)*



WELCOME TO ST. PAUL'S!

VISITING TODAY?

We want to get to know you! Please join us in the Hall for coffee and conversation after the service. The greeters are available to answer any of your questions. Please fill out a welcome card in the back of the pew and put it in the offering basket, or give to any volunteer, staff, or vestry member.



ABOUT ST PAUL'S ANGLICAN

Services:

- Eucharist services: **Sundays at 10:00am**
- **Morning & Evening Prayer** Services:
Mon–Sat at **8:00am on Zoom**
Daily at **9:15pm on Zoom**.
- Sermons are available on our Website
- We also have small groups

Office Hours:

- Tues. & Thurs., 9:00am to 12:00pm
- Office is closed: Fri–Mon (and Holidays)

Serving St. Paul's: Email office@stpauls-anglican.ca

- Join a Ministry Team (Service Team, Music, Altar Guild, Sound/Video, etc.)

Giving to St. Paul's: One-Time or Recurring

- Giving can be done by Cash, Cheque, Automatic Debit/Credit, or E-Transfer to office@stpauls-anglican.ca
- We can also receive donations through our Website or the Tithely App.

PRAYER

For the Prayer Chain, email or phone:
prayer@stpauls-anglican.ca – 780-455-0771

For pastoral emergencies call:
(780) 446-3751

ACCESSIBILITY

We have accessible washrooms and lifts available for anyone who needs them. If you need help, please speak to a greeter.

PLEASE SILENCE YOUR PHONE ☺

LARGE PRINT MATERIALS

Large print Bibles and BAS (Book of Alternative Services) are available at the main door.



ASSISTED LISTENING DEVICES



**Assisted Listening is available.
Please ask a greeter for assistance.**



St. Paul's Anglican Church

10127 145 Street, Edmonton, T5N 2X6 — 780-455-0771
www.stpauls-anglican.ca — office@stpauls-anglican.ca



Our Narrative Statement of Identity: We love to be together, persevere, and practice the ways of Jesus together. Even though we're at different places on our journey, we share a guiding story as given through the Bible, and we all look for Jesus in each other and in the world we live in. We share faith, we share music, we share differences, and above all we share God's love of us in Jesus. We all give, we all receive. We are a diverse family who laughs, cries, and prays together, and is learning how to love and care for each other. Our greatest ambition is to share this love with everyone around us – in our neighbourhoods and around the world.

Opening Song: You Are My King

I'm forgiven because You were forsaken
I'm accepted, You were condemned
I'm alive and well, Your Spirit is within me
Because You died and rose again

(Chorus) Amazing love, how can it be
That You, my King, should die for me?

Amazing love, I know it's true
And it's my joy to honor You
In all I do, to honor You

You are my King
You are my King
Jesus, You are my King
You are my King.

The Gathering of the Community

Celebrant: *(BAS pg. 185)* The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

People: **And also with you.**

Celebrant: Almighty God,

All: to you all hearts are open, all desires known, and from you 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.

Celebrant: *(pg. 286)* Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness, so we may know your power to save; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Lectionary Question

The Proclamation of the Word (← [Click to read online](#))

Genesis 2:15-17 & 3:1-7 *(pg. 2 in the red pew Bible)*

Reader: *The Word of the Lord.*

People: **Thanks be to God.**

Psalm 32 *(Sung to the tune of Come Thou Fount)*

Bless-ed is the one whose sin is
covered over by the Lord,
Whose transgressions are forgiven,
and whose guilt God won't record.
Bless-ed is the one whose sin the
Lord does not count against him,
In whose spirit no deceit or
hidden sin is found within.



When I held my sin inside me, and kept silent in my way,
Then my bones grew weak and wasted through my groaning all the day.
For Your hand was heavy on me; day and night, my strength did lapse;
Sapped away as in the heat of summer's hot, lethargic grasp.

Then I told You of my sin, and did not hide iniquity;
I said, "I'll confess my trespass"—You forgave, purged guilt from me.
Therefore, let the godly pray to You while You may still be found;
Surely waters will not reach them, mighty waves that surge around.

For You are my place of hiding, You protect me from all strife;
And with songs of Your deliverance, You surround and keep my life.
"I will teach and will instruct you in the way that you should go;
I will counsel and watch o'er you; the right path to you I'll show.

"Don't be like the horse or mule that do not understand at all;
Lest they're led by bit and bridle, they won't come when you do call."
Many woes afflict the wicked, but the Lord's unfailing love
does surround the ones who trust Him. Sing! Rejoice in God above!

Romans 5:12-19 (*pg. 798 in the red pew Bible*)

Reader: *The Word of the Lord.*

People: **Thanks be to God.**

The Gospel Reading:

Reader: The Lord be with you.

People: **And also with you.**

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

People: **Glory to you, Lord Jesus Christ**

The Gospel Reading: Matthew 4:1-11 (pg. 682 in the red pew Bible)

Reader: *The Gospel of Christ.*

People: **Praise to you, Lord Jesus Christ.**

(Youth may be dismissed to their own programming downstairs)

Worship Through Song

Run to the Father

I've carried a burden for too long on my own
I wasn't created to bear it alone
I hear Your invitation to let it all go
I see it now I'm laying it down
And I know that I need You

(Chorus) I run to the Father, I fall into grace
I'm done with the hiding
No reason to wait
My heart needs a surgeon
My soul needs a friend
So I'll run to the Father again, and again
And again, and again (Oh, oh, oh)

You saw my condition
Had a plan from the start
Your Son for redemption
The price for my heart
I don't have a context for that kind of love

I don't understand, I can't comprehend
All I know is I need You
Oh oh, Again and again
And again and again, oh oh oh *(To Ch.)*

Living Waters

Are you thirsty, are you empty?
Come and drink these living waters
Tired and broken, peace unspoken
Rest beside these living waters

There our hope is secure
Do not fear anymore
Praise the Lord of living waters

Christ is calling, Find refreshing
At the cross of living waters
Lay your life down, All the old gone
Rise up in these living waters

Spirit moving, Mercy washing
Healing in these living waters
Lead your children to the shoreline
Life is in these living waters *(To Ch.)*

(Chorus) There's a river that flows
With mercy and love
Bringing joy to the city of our God

Are you thirsty? Are you empty?
Come and drink these living waters
Love forgiveness, vast and boundless
Christ He is our living waters *(To Ch.)*

Listening Time

Sermon: Rev. Norman Backhouse

(A page for notes is available separately)

Affirmation of Faith: The Apostle's Creed

Celebrant: *(pg. 188)* Let us confess our faith of our baptism, as we say,

All: I believe in God, the Father almighty, Creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day, he rose again. He ascended into heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Prayers of the People

(See BAS pgs. 110-123)

Confession of Sin

Celebrant: *(pg. 191)* Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness.

Silent Confession

Celebrant: Most merciful God,

All: we confess that we have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.

Absolution

People: Amen.

The Peace

Celebrant: (*pg. 192*) The peace of the Lord be always with you.

People: And also with you.

The Celebration of the Eucharist

The Preparation of the Gifts

Song: *Create in Me a Clean Heart*

Create in me a clean heart, O God,
And renew a right spirit within me.

Cast me not away from Thy presence, O Lord,
And take not Thy Holy Spirit from me.
Restore unto me the joy of Thy salvation,
And renew a right spirit within me.

By His Wounds

He was pierced for our transgressions,
He was crushed for our sins.
The punishment that brought us peace
Was upon Him.
And by His wounds,
By His wounds we are healed.

We are healed by Your sacrifice,
In the life that You gave.
We are healed for You paid the price,
By Your grace we are saved.
We are saved.

The Prayer over the Gifts

Celebrant: (*pg. 287*) God our refuge and our strength,

All: receive all we offer you this day, and through the death and resurrection of your Son transform us to his likeness. We ask this in his name. Amen.

Celebrant: (*pg. 198*) The Lord be with you.

(*Eucharistic Prayer #3*)

People: And also with you.

Celebrant: Lift up your hearts.

People: We lift them to the Lord.

Celebrant: Let us give thanks to the Lord our God.

People: It is right to give our thanks and praise.

Celebrant: (*pg. 220*) Blessed are you, gracious God, creator of heaven and earth, because you bid your faithful people to cleanse their hearts and to prepare with joy for the 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 the works of love. Therefore we raise our voices to you in praise to proclaim the glory of your name.

All: *(Said)* 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.

Celebrant: *(pg. 198)* We give thanks to you, Lord our God, for the goodness and love you have made known to us in creation; in calling Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Saviour and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life. On the night he was handed over to suffering and death, a death he freely accepted, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: this is my body which is given for you. Do this for the remembrance of me." After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Therefore, Father, according to his command,

All: **we remember his death, we proclaim his resurrection, we await his coming in glory.**

Celebrant: *(pg. 199)* and we offer our sacrifice of praise and thanksgiving to you, Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be the sacrament of the body of Christ and his blood of the new covenant. Unite us to your Son in his sacrifice, that we, made acceptable in him, may be sanctified by the Holy Spirit. In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour & glory are yours, almighty Father, now & for ever. **Amen.**

Celebrant: *(pg. 211)* As our Saviour taught us, let us pray,

All: *(Said)* 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 for ever. **Amen.**

Celebrant: *(pg. 213)* We break this bread,
All: Communion in Christ's body once broken.
 Celebrant: 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 reign with him.
 Celebrant: The gifts of God for the People of God.
People: Thanks be to God.

You are welcome to receive communion or come forward for a blessing. If you prefer to receive a blessing, please fold your arms over your chest. Gluten-free wafers are available upon request. Receiving only one kind includes the fullness of the sacrament. You may also receive prayer in the Chapel during this time.

Lamb of God: *(Said)*

Lamb of God, you take away the sins of the world.
 Lamb of God, you take away the sins of the world.
 Lord have mercy, Christ have mercy, Lord have mercy on us.

Communion Music

Hear Us From Heaven

Lord hear our cry, come heal our land
 Breathe life into these dry and thirsty souls
 Lord hear our prayer, forgive our sin
 And as we call on Your name
 Would You make this a place
 For Your glory to dwell

(Chorus) Open the blind eyes
 Unlock the deaf ears

Come to Your people as we draw near
 Hear us from heaven, touch our generation
 We are Your people crying out in desperation

Lord hear our cry, Your children worship
 As we sing out Your praise
 Would You make this a place
 For Your glory to dwell *(To Ch.)*

(End) Hear us from heaven.

At The Cross (Love Ran Red)

There's a place
 Where mercy reigns and never dies
 There's a place
 Where streams of grace flow deep and wide
 Where all the love I've ever found
 Comes like a flood comes flowing down

(Chorus) At the cross, at the cross
 I surrender my life
 I'm in awe of You, I'm in awe of You
 Where Your love ran red
 And my sin washed white
 I owe all to You, I owe all to You (Jesus)

There's a place
 Where sin and shame are powerless
 Where my heart
 Has peace with God and forgiveness
 Where all the love I've ever found
 Comes like a flood comes flowing down *(Ch.)*
 Here my hope is found, here on holy ground
 Here I bow down, here I bow down
 Here arms open wide, here You saved my life
 Here I bow down, here I bow (down) *(Ch.)*

Prayers After Communion

Celebrant: (pg. 287) Faithful God,

All: in this holy bread you increase our faith and hope and love. Lead us in the path of Christ who is your Word of life. We ask this in his name. Amen.

Celebrant: (pg. 214) 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.

Blessing

Lectionary Discussion *(Please share aloud your thoughts from hearing the Word of God)*

Congregational Announcements *(Paul D.)*

Closing Song: His Mercy is More

What love could remember
No wrongs we have done?
Omniscient all knowing
He counts not their sum
Thrown into a sea without bottom or shore
Our sins they are many His mercy is more
What patience would wait
As we constantly roam?
What Father so tender is calling us home?

He welcomes the weakest, the vilest the poor
Our sins they are many His mercy is more
What riches of kindness He lavished on us.
His blood was the payment His life was th cost
We stood 'neath a debt we could never afford
Our sins they are many, His mercy is more
(Chorus) Praise the Lord, His mercy is more
Stronger than darkness new every morn
Our sins they are many His mercy is more.

Dismissal

Celebrant: (pg. 215) Let us bless the Lord.

All: Thanks be to God.

*Please join us for coffee and fellowship in the Hall after the service!
We also invite you to bring your own refillable mug to reduce waste*

Community Corner Highlights

St Paul's Community Dinners continue! Our next dates are February 28, March 28 and April 25, 2026. Everyone is invited! For February, you can sign up to volunteer at www.signupgenius.com/go/10C0B4CABAF28A5FCC70-62348045-february.

Email Michelle S. at michelle@stpauls-anglican.ca for more information.

At St Paul's, our interest in **intergenerational worship** is reflected in having the option for children and youth to stay in church for the whole service. Adults, we encourage you to get to know the children and youth of our parish & their parents. Whether you are introverted, extroverted or somewhere in between, we are a community that seeks to build each other up, according to our abilities. Please invite others of all ages to **coffee time and fellowship in the hall** after the service. Likewise, as you see **newcomers** at the service, we encourage you to get to know one another. If you are new to St Paul's and just getting to know us, **WELCOME!**

Spiritual Health Highlight

The first Sunday in Lent reminds us that life carries temptation, challenge, and vulnerability. Just as Jesus faces the wilderness, we recognize that moral tension is part of human experience, and that we are not alone in confronting it. Moral strain can arise not only from our own actions but also from the choices and behaviors of others that conflict with our values or cause harm.

This week encourages noticing these shared burdens and the ways we carry them together.

Conversation point: Can you think of a time you noticed someone else carrying a weight you didn't fully understand?

Lenten Book Study: A Different Kind Of Fast

During the Lenten season we will be hosting a book study led by Yovella each Sunday morning at 9am. The book is *A Different Kind of Fast: Feeding Our True Hungers in Lent* by Christine Paintner. This book draws on the wisdom of the desert [fathers], offering practical practices like lectio divina, breath prayer, visio divina, contemplative walks, and more. As we fast from rushing, planning, being strong, holding it all together, seeking certainty, and control, we can softly reorient ourselves toward that which nourishes and fulfills us, for the reflective Lenten season and beyond.

Lenten Embers

Looking for a Lenten Exercise? Lenten Embers is well-suited for the poetic, the contemplatives, and those who journal. Lenten Embers uses a theopoetic approach to encourage growth in simplicity, discernment, awareness, and prayer, and to foster personal insight. Participants select a single word from the lectionary weekly, and carry the word through their week on a fabric artefact, listening for what God brings to their awareness through the word. The collected words are then used in a Holy Week creative writing exercise. 2026 will be the tenth iteration.

If interested, email Jim R. at windsweptworship@gmail.com.

Coldest Night of the Year

Consider donating or participating in **The Coldest Night of the Year** on Feb 28. The Anglican parish of St Augustine in Spruce Grove is raising funds for the **Parkland Food Bank** – information on donations or participation can be received from Jim E. at jimegeto@gmail.com.

Ramadan Prayer Booklets

Between February 18 and March 30, our Muslim neighbours will be observing Ramadan – a month of holy fasting. Please consider using this month to pray for Jesus Christ to be made known to the Muslim world. Once again, we've made "30 Days of Prayer" booklets available at each entranceway; please help yourself or download a pdf version at www.pray30days.org.

AGM – March 1, 2026



Please plan to join us in the Hall for our Annual General Meeting following the Sunday service on March 1st. We would appreciate it if someone would be willing to pick up sandwiches that we plan to serve for this event. If you are able, please contact Michelle for details.

Tax Receipts Available

Tax receipts from donations throughout the year of 2025 are now available outside of the office. If you prefer to receive your receipt by email, please request it at office@stpauls-anglican.ca.

Office Closure

Asher will be away from the office from Feb 22-28; the office will therefore be closed that week.

Cox Family Support

The countdown is on for the Cox Family to arrive at St. Paul's! In preparation for their arrival in March, we have created a list (with Wally and Jordon's input) of items we would like to collect to make their transition as easy as possible. If you have any items you would like to contribute or are able to secure donations for any of the items on the list, please do one of the following:

1. Open the google doc below and add your name beside the item you will donate, including useful additional details. [View the document here](#)
2. If you prefer, you can email us and we will add the info to the document. Also, if you would like to help by storing items or transporting large items, let us know in the email. Michelle Y. michelleyoung15@gmail.com; Debbie L. debbie.liska007@gmail.com
3. If you would like to include a monetary donation towards mattresses or other items needed, please send to either Michelle or Debbie with the note "Cox Family Home".

As Jordon said in her message, *"We come without expectation of any of this to be provided. But anything that can be offered will be gratefully received and a blessing to us."*

So let's bless them! Let us know how you can help.

Synod Scene

Read our Diocese's Synod Scene newsletter at www.edmonton.anglican.ca/newsletters/latest.

This Week's Ministry Teams

Music/Sound/Tech: Liska/John/Jacky

Service Team: B Team

Prayers of the People: Margot B.

Vestry-on-Duty: Paul D.

Chapel Prayer: Dudley and Pat

Kids Sanctuary.: TBD.

Next Week's Teams: Mar 1st

Music/Sound/Tech:

Adele & Andrew/Chandra/Yohana

Service Team: Green & Friends Team

Prayers of the People: Nancy W-S.

Vestry-on-Duty: Nancy W-S.

Chapel Prayer: Kjeryn & Joan

Kids Sanctuary.: TBD.

Kids Lead/Assist/Sanc.: Carol G/Paul D/TBD.

Cycle of Prayer for St. Paul's

Doreen Sullivan

Matthew Johnson

Laurier and Margot Byer

National Anglican Cycle of Prayer

Indigenous **Spiritual Ministry of**

Mishamikoweesh: the Rt. Rev. Lydia

Mamakwa, Bishop; the Rt. Rev. Morris Fiddler,

Suffragan Bishop.

St. Luke, Edmonton: Helen Chan (Bennett),

Interim Priest-in-Charge.

Buyé Diocese, Murungurira Parish:

Audace Gahungu, Rector.

Montana First Nation.

St. Paul's Staff

Pulpit Supply: [Rev. Dr. Eric Kregel](#)

Community Facilitator: [Michelle Schurek](#)

Office Administrator: [Asher Hebert](#)

St. Paul's Vestry

vestry@stpauls-anglican.ca

Rector's Warden: Paul Dowie

People's Warden: Gay Gering

Parish Treasurer: David Heritage

Vestry Members: Debbie Liska, Jim Egeto,
and Nancy Whistance-Smith.



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