



Hearing Loop – Induction loop (T-coil) available- contact Lynley Lewis

Archbishop & Metropolitan and the Bishop of the
Diocese of New Westminster: The Most Reverend John Stephens



The First Sunday in Lent
Holy Eucharist **February 22nd, 2026**

St Clement's Anglican Church

3400 Institute Rd., N Vancouver

Welcome to everyone worshipping with us in-person and online today.

The Gathering of the Community

please stand

The Presider greets the community

A Land Acknowledgement for Use at St Clement's

Written by Jenn Ashton, Indigenous Cultural Sensitivity Leader

Led by: Lynne Graham

At St. Clement's Church, we appreciate that we currently reside, work, and worship in the ancestral, traditional, and contemporary lands of the Squamish and Tsleil-Waututh Nations.

We recognize, support, advocate for and are grateful to Indigenous individuals and communities who live here now and for those who were forcibly removed from their homelands.

By offering this land acknowledgement, we work to hold ourselves and others more accountable to the needs and rights of Indigenous peoples, here and everywhere.

I, as part of St. Clement's, gratefully and respectfully carry these thoughts today and every day to be reminded of the importance of teaching, culture and contributions of the original caretakers of this land.

The Opening Hymn: Forty Days and Forty Nights CP 175

please stand

Forty days and forty nights
You were fasting in the wild;
Forty days and forty nights
Tempted, and yet undefiled.

Burning heat throughout the day,
Bitter cold when light had fled;
Prowling beasts around your way,
Stones your pillow, earth your bed.

Shall not we your trials share,
Learn your discipline of will;
And with you by fast and prayer
Wrestle with the powers of hell?

So if Satan, pressing hard,
Soul and body would destroy:
Christ who conquered, be our guard;
Give to us the victor's joy.

Saviour, may we hear your voice
Keep us constant at your side;
And with you we shall rejoice
At the eternal Eastertide.

Text: George Hunt Smyttan (1822-1870), rev. Hymns for Today's Church.

© 1982 Hope Publishing Co.

Music: Melody attrib. Martin Herbst (1654-1681); harm. William Henry Monk (1823-1889).

Presider The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with you all.

All **And also with you.**

Presider Almighty God,

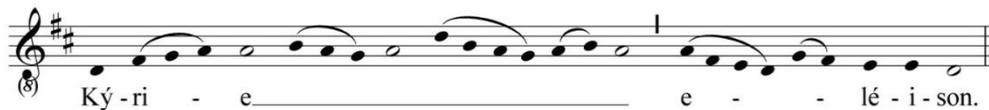
All **to you all hearts are open,
all desires known,
and from you no secrets are hidden.
Cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name;
through Christ our Lord. Amen.**

Mass VIII (*Missa de Angelis*)

Organ Accompaniment: ccwatershed.org/vatican

KYRIE

15th-16th century



The Collect

Prayers for an Inclusive Church (2009)

Presider Spirit of the desert,

All you drove Jesus to the edge of the world
to seek your truth and find his calling:
scour our hearts and awaken our hunger,
so that freed from empty clinging
we may serve only you and the Creator;
through Jesus Christ, the Lord of the wilds. Amen.

The Children's Talk

The Reverend Helen Dunn

please sit

Hear God's Word, a flame that lights our path each day.

See God's Word, reflected in our lives.

Live God's Word, throughout each day, in work and play.

God's own Word, keeps us alive.

(Music: Lynne Graham: Lyrics: Lynley Lewis)

The Proclamation of the Word

A reading from the Book of Genesis (2: 15-17, 3: 1-7)

Jason Rajan

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'

Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die."' But the serpent said to the woman, 'You will not die; for God knows that when you eat of it your eyes will be

opened, and you will be like God, knowing good and evil.’ So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Reader Holy Word. Holy Wisdom.

All **Thanks be to God.**

Psalm 32

Inclusive Language Psalter. Anglican Church of Canada (2016).

The presider reads the un-bolded verses and the people read the bolded ones

- 1 Happy are they whose transgressions are forgiven,
and whose sin is put away!
- 2 **Happy are they to whom the Lord imputes no guilt,
and in whose spirit there is no guile!**
- 3 While I held my tongue, my bones withered away,
because of my groaning all day long.
- 4 **For your hand was heavy upon me day and night;
my moisture was dried up as in the heat of summer.**
- 5 Then I acknowledged my sin to you,
and did not conceal my guilt.
I said, “I will confess my transgressions to the Lord.”
Then you forgave me the guilt of my sin.
- 6 **Therefore all the faithful
will make their prayers to you in time of trouble;
when the great waters overflow,
they shall not reach them.**

- 7 You are my hiding-place;
you preserve me from trouble;
you surround me with shouts of deliverance.
- 8 **“I will instruct you and teach you in the way that you should go;
I will guide you with my eye.**
- 9 Do not be like horse or mule, which have no understanding;
who must be fitted with bit and bridle,
or else they will not stay near you.”
- 10 **Great are the tribulations of the wicked;
but mercy embraces those who trust in the Lord.**
- 11 Be glad, you righteous, and rejoice in the Lord;
shout for joy, all who are true of heart.

Glory to the holy and undivided Trinity, one God:
As it was in the beginning, is now and will be for ever. Amen.

A reading from Paul’s letter to the Romans (5: 12-19)

David Smith

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man’s trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man’s sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man’s trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Reader Holy Word. Holy Wisdom.

All **Thanks be to God.**

The Gradual Hymn: How Can I Keep from Singing G 603 *Please stand*

My life flows on in endless song;
Above earth's lamentation,
I hear the real, though far-off hymn
That hails a new creation.

*Refrain: No storm can shake my inmost calm,
While to that Rock I'm clinging;
Since love is Lord of heaven and earth,
How can I keep from singing?*

Through all the tumult and the strife,
I hear that music ringing;
It sounds and echoes in my soul—
How can I keep from singing?

Refrain

What though the tempest 'round me roar,
I hear the truth it liveth.
What though the darkness 'round me close,
Songs in the night it giveth.

Refrain

The Gospel

Please all stand for the Gospel as you are able

Deacon The Lord be with you.

All **And also with you.**

Deacon The Holy Gospel of our Lord Jesus Christ according Matthew (4: 1-11).

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

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written,

"One does not live by bread alone,
but by every word that comes from the mouth of God."

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written,

"He will command his angels concerning you",
and "On their hands they will bear you up,
so that you will not dash your foot against a stone."

Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test."'

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written,

"Worship the Lord your God,
and serve only him."

Then the devil left him, and suddenly angels came and waited on him.

Deacon The Gospel of Christ

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

the song continues

When tyrants tremble, sick with fear,
And hear their death knells ringing;
When friends rejoice both far and near,
How can I keep from singing?

*Refrain: No storm can shake my inmost calm
While to that Rock I'm clinging;
Since love is Lord of heav'n and earth,
How can I keep from singing?*

The peace of Christ makes fresh my heart,
A fountain ever springing!
All things are mine since I am His—
How can I keep from singing?

Refrain

Text: Robert Lowry, 1826-1899; adapted with additional text by Doris Plenn.

Tune: HOW CAN I KEEP FROM SINGING, 87 87 with refrain; Robert Lowry, 1826- 1899; harm. By Robert J.

Batastini, b. 1942

© 1957, 1964, Sanga Music, Inc.

The Sermon
sermon notes

The Reverend Helen Dunn

please sit

Silence for Reflection

Commissioning of Lay Ministries

Presider Beloved in Christ,

we are all baptized by the one Spirit into one body,
and given gifts for a variety of ministries
for the common good.

Our purpose today is to recognize and affirm
the ministries for which the lay people of St Clement's
have offered themselves this year.

The presiding minister describes the ministries and then addresses the congregation.

Presider Is it your will that the lay people of this parish be commissioned to fulfil these ministries?

***People* It is.**

The presiding minister addresses those to be commissioned.

Presider You have been called to these ministries.

Will you, as long as you are engaged in this work,
perform it with care,

to the honour of God and the benefit of the Church?

***Answer* I will.**

Presider Will you uphold each other in your service?

***Answer* We will.**

Presider Let us pray.

Blessed are you, gracious God,
our creator and redeemer.
In every age you call people
to minister in your name.
May the work of these your servants
so build up your Church,
that we may faithfully serve you
and show your love in all the world.
Blessed are you, O God,
now and for ever.

All **Amen.**

Affirmation of Faith

**All We are not alone; we live in God's world.
We believe in God: who has created and is creating,
who works in others and us through the Spirit.
We trust in the Creator.
We are called to be,
to celebrate God's presence,
to live with respect in creation,
to love and serve others,
to seek justice and to resist injustice,
to seek out models for hope and peace.
In life, in death, in life beyond death, God is with us.
We are not alone.**

From "A New Creed," a brief and well-loved affirmation of faith used widely in worship from our ecumenical siblings in the United Church of Canada (1968; rev. 1980, 1995).

Confession and Absolution

Dear Friends in Christ, God is steadfast in love and infinite in mercy.
God welcomes sinners and invites us to this table.
Let us confess our sins confident in God's forgiveness.

All Most merciful God,
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.

Presider Almighty God have mercy upon you, pardon and deliver you from all
your sins, confirm and strengthen you in all goodness and keep you in
eternal life, through Jesus Christ our Lord.

All Amen.

The Peace

please stand

Presider The peace of the Lord be always with you.

All And also with you.

Please offer peace to one another with a nod, bow, handshake or hug.

Offertory Hymn: Great is Thy Faithfulness SFAGP 95

Great is thy faithfulness, O God our Father!
There is no shadow of turning with thee;
Thou changest not, thy compassions they fail not;
As thou hast been, thou forever wilt be.

Refrain: Great is thy faithfulness!

Great is thy faithfulness!

Morning by morning new mercies I see;

All I have needed thy hand hath provided-

Great is thy faithfulness, Lord, unto me!

Summer and winter and springtime and harvest,
Sun, moon, and stars in their courses above,
Join with all nature in manifold witness
To thy great faithfulness, mercy, and love.

Refrain

Pardon for sin and a peace that endureth,
Thine own dear presence to cheer and to guide;
Strength for today and bright hope for tomorrow,
Wondrous the portion thy blessings provide!

Refrain

Words: T.O. Chisholm (1866-1960), rev.

Music: William M. Runyan (1870-1957).

© 1923. Renewal 1951. Hope Publishing Co. Carol Stream, IL 60188, USA. All Rights Reserved. Used by permission.

The Celebration of the Eucharist

The Prayer over the Gifts

Evangelical Lutheran Worship (2006) alt.

Presider God our provider,

All **you have not fed us with bread alone,
but with words of grace and life.
Bless us and these your gifts,
which we receive from your bounty,
through Jesus Christ our Lord. Amen.**

If you know the brokenness of life, its fractures within and its division without, then you have participated in the broken body of Christ and you are invited to share in the breaking of bread.

Presider The Lord be with you.

All **And also with you.**

Presider Lift up your hearts.

All **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God.

All **It is right to give our thanks and praise.**

Presider 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.

Sanctus: Holy, Holy, Holy SANC 74

All sing

First Time	Second Time	Third Time
Holy, holy, holy! My heart, my heart adores you! My heart is glad to say the words: You are holy, Lord.	Santo, santo, santo, Mi corazón te adora! Mi corazón te sabe decir: Santo eres Señor!	Holy, holy, holy! My heart, my heart adores you! My heart is glad to say the words: You are holy, Lord.

Text: Argentine trad. Music: Melody Argentine trad.; arr. Wild Goose Worship Group, Iona Community.
Arr. © 1990 WGRG c/o Iona Community, GIA Publications, Inc., agent.

Presider Blessed are you, O Holy One: When Hagar was driven into the wilderness you followed her and gave her hope. When Joseph was sold into bondage, you turned malice to your people's good. When you called Israel out of slavery, you brought them through the wilderness into the Promised Land. When your people were taken into exile you wept with them by the river of Babylon and carried them home.

All **Restore us, O God, let your face shine!**

Presider At the right time you sent your Anointed One to stand with the poor, the outcast and the oppressed. Jesus touched lepers, and the sick, and healed them. He accepted water from a woman of Samaria and offered her the water of new life. Christ knew the desolation of the cross and opened the way for all humanity into the redemption of your reconciling love.

On the night he was betrayed, Jesus, at supper with his friends, took bread, gave you thanks, broke the bread, gave it to them, and said, "Take and 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."

Loving and Holy One, recalling Christ's death and resurrection, we offer you these gifts, longing for the bread of tomorrow and the wine of the age to come. Therefore we proclaim our hope.

All **Dying you destroyed our death,
Rising you restored our life.
Lord Jesus, come in glory.**

Presider Pour out your Spirit on these gifts that through them you may sustain us in our hunger for your peace. We hold before you all whose lives are marked by suffering, our sisters and brothers. When we are broken and cast aside, embrace us in your love.

All **Restore us, O God, let your face shine!**

Presider Through Christ, with Christ, and in Christ In the unity of the Holy Spirit, All honour and glory are yours, O Source of all life, Now and forever.

All **Amen.**

The Lord's Prayer

Presider Gathering our prayers and praises into one, let us pray as our Saviour taught us in the language closest to your heart,

All **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.**

The Breaking of the Bread

Presider We break this bread,

All **Communion in Christ's body once broken.**

Presider Let your Church be the wheat
which bears its fruit in dying.

All **All who have died with him,
shall live with him.**

The Communion

Presider The gifts of God for the people of God.

All **Thanks be to God.** *please sit*

If you are not physically receiving Communion, then offer this prayer

In union, O God, with all your faithful people gathered wherever the eucharist is celebrated this day, I offer you praise and thanksgiving for creation and all the blessings of this life, for the redemption given to us through the life, death, and resurrection of Christ, and for the means of grace and the hope of glory. I pray you come into my heart, my soul and my mind. Let nothing separate me from you. May I serve you in this life until, by your grace, I come to your promised reign of justice and peace; through Christ and in the unity of the Spirit. Amen.

Music during Communion

Jason Rajan playing Be Thou My Vision, arranged by Cim Frode on acoustic guitar

The Prayer after Communion

please stand

Presider All your works praise you, O Lord.

All **and your faithful servants bless you. Gracious God, we thank you for feeding us with the body and blood of your Son Jesus Christ. May we, who share his body, live his risen life; we, who drink his cup, bring life to others; we, whom the Spirit lights, give light to the world. Keep us firm in the hope you have set before us, so that we and all your children shall be free, and the whole earth live to praise your name; through Christ our Lord. Amen.**

The Sending

Community Announcements

please sit

Blessing and dismissal

The Closing Hymn: From This House

please stand

Paperless and led by choir; created by Music that Makes Community.

Intercessory Prayers for any concerns happen after the service, with an intercessory team, in the chancel (behind the Ambo or place where people speak from). Please wait until there is a chair free, to leave privacy for the person ahead of you.

Pastoral Care: Pastoral concerns may be referred to the Reverend Helen Dunn at 236-888-4938. Please let the clergy know if you or a family member is in hospital.

Scripture Readings for next Sunday:

GENESIS 12:1-4A; PSALM 121; ROMANS 4:1-5, 13-17; MATTHEW 17:1-9

Hello all St. Clement's Parents and Children,

St. Clement's cherishes members of all ages including children. If you would like your child/ren to participate in Sunday School, they can follow the teachers either into the Upper Room or down in to the lower hall or the Godly play room following the Children's talk. They will remain in school until the passing of the Peace, where they will be returned to you. If your child/ren would like to remain upstairs in the service, that is fine also. There are coloring activities at the front and at the back of the church under the pews. Children can take any colouring or activities completed with them at the end of the service but will be asked to leave the activity bag and other contents (e.g. toys, craft supplies, crayons etc.) behind to be reused in future weeks. Anyone who has questions/thoughts about or would like to help with the Children's Ministry at St. Clement's is encouraged to contact Beth.

What's On This Week and Beyond

- Today** **After Church (11.45-1 pm) Annual Vestry Meeting (general meeting) on zoom or in person.** Contact Helen.
- Tuesday** **1-3 pm The Park Jam-** guitar and singing musical drop in. Contact Mike Krouzelka.
3-4 pm Power Hour Prayer on zoom. Contact Lynne Graham.
- Wednesday** **10.30 am Presence of the Past Lenten Bible Study with Franklyn James on zoom.** Contact Helen to sign up.
7.30 pm Bible Study on zoom- Contact Lynne Graham.
- Friday 7.30 am The ROMEOs** meet at Cora's Restaurant, cnr Marine Dr. and & Fell, for breakfast and Bible Study. (*Retired Old Men Eating Out*). Contact David Parry.
10.30 am The Knitwits Knitting group (making bales for the North). Contact Lynne Graham.
- Sunday March 1st** **After church. Celebration Sunday.** Cake and/or ice cream will be provided. All Sundays are feast days and technically breaks from Lent.
- 2- 3 pm Ecumenical Prayer Service for Peace in Ukraine** at Gloria Dei Lutheran Church (1110 Gladwin Drive, N Vancouver).

Ministry Connections

Priest	Helen Dunn	236-888-4938; "helen at stclementschurch.ca"
Deacon	Peggy Trendell-Jensen	604-619-5576; "peggy at stclementschurch.ca"
Retired Deacon	Elizabeth Mathers	604-339-6581
Indigenous Cultural Sensitivity Leader	Jenn Ashton	"Jenn at stclementschurch.ca"
Admin Assistant	Beth Bailey	604-988-4418
Music Director	Lynley Lewis	"music at stclementschurch.ca "
People's Warden	Donna Burdick*	778-988-9001
Rector's Warden	David Smith	778-938-1118
Treasurer	Mike Crone	604-328-7156
Children/Sunday School	Beth Bailey	"beth at stclementschurch.ca"
Envelope Secretary	Audrey Yong	604-831-9858; "ayong at telus.net"
Building Coordinator	Joanne Graham	"joannedavid05 at gmail.com"

*if you'd like to talk to Donna, please do so between 5 and 6 pm any day except Wednesdays and Thursdays.

Ministry Lay Leaders this Week

Altar set-up and clean-up	Jason Rajan
Altar additional clean-up	Barbel Ismen
A/V Technician	Sean Faivre-Duboz
Counters	Audrey Yong and Sean Faivre-Duboz
Eucharistic Ministers	Lynne and Gordon Graham
Eucharistic Bread	Sally Hinnell
Intercessory Prayers	Jason Rajan and Beth Bailey
Prayers of the People	Lynne Graham
Readers	Jason Rajan and David Smith
Servers	Carson Yong and Deborah Tuytens
Sidespeople	Paul Razavi and Gordon Graham
Sunday School Teachers	Beth Bailey and Brianna Parlongo
Tea/Coffee hosts	Alison Patrick (next week Beth and David Bailey- please advise if you can bring treats to support them)

Please note: If you are trying to reach the office administrator, Beth only responds to "office@" emails during office hours of Tues-Fri, 9:30am to 1pm. If you are unable to fulfil a Sunday duty, please email your ministry team to arrange a replacement. Other urgent administrative queries falling outside of office hours should be directed to the Rev. Helen Dunn. Thank you!

Prayers: *The following are for your prayers this week*

In our own Diocese: Pray for John, our Bishop and Archbishop and Metropolitan; for Stephen, our Archdeacon; Helen, our Regional Dean; and for the North Vancouver Anglican churches. Pray for Shane Parker, our Primate; Chris Harper, our National Indigenous Archbishop. In our diocesan cycle of prayers this week we pray for St David, Tsawwassen and St Dunstan, Aldergrove. We pray for all students at the Vancouver School of Theology (including Kevin).

For the wider Church: Pray for The Church of Ireland. Pray for the clergy and people in the Episcopal Diocese of Northern Philippines and for our partner parish of St Clement of Alexandria, Payeo. For all Pastors/Priests and congregations of other denominations in Lynn Valley and around the world.

In our parish community: Pray for: Helen, our priest; Peggy, our deacon (and the diocesan Archdeacon for Deacons); Elizabeth, our retired deacon; Jenn Ashton, our Indigenous Cultural Sensitivity Leader; Allison Williams and her parish-discernment-for-ordination group; David Smith and Donna Burdick, our wardens; Beth, our parish administrator and children's ministry worker; Lynley, our music director, Mike, our treasurer; Audrey, our envelope secretary; Sean, our AV tech and Brianna, our cleaner. In our cycle of ministries, we pray for all of our prayer groups- leaders of the prayers, power hour prayer, our prayer chain and intercessory prayers.

In our parish cycle of prayers: Pray for Jenn and Chris Ashton, Jess Ayers and Annie Leedal and for their extended families.

For healing: Pray for Amin; Pat Alexander; Stuart Appenheimer; Beth Bailey; Karyn; Delena Bogard; Oliver Christie; Marie-Claire Concannon; Joanna; Kitty; Judd; Gerry; Margie Dacey; Marion Edwards; Lorna, Duff and Leah Goodwin; Alex Hazell; Barbel Ismen; Olivia; Kate Lunn; Mike Richardson; Kevin Williamson; Ian Thomas; Kelsie Potter; Tamara; Ray; Calvin; Sharon Walker; Henry Bloye; Carol Rowland and for their families, caregivers and medical staff.

For outreach: Pray for all newcomers to Canada: Honada & family, Bukhari and Balqiisa, Neema Grace, Malis and his family, Fatemeh, Nasrullah and Mursal, Nasrin & family; Shahla & family, for Bunyamin & family. Pray for protection and safety for those waiting to come: Tsaw Hsar Gay, Lu Kay Paw, Alexander and Ly Gler from Myanmar; for Samir, Rounak and Shalom; Farzad, Mükerrerrem and Junia; for Banat's family members in Pakistan and all displaced persons as they seek a place to call home. For the release of Layan Nasir. We pray for all people in war-torn countries where ongoing conflict, displacement and starvation are common including the DRC, Iran, Afghanistan, Sudan, Ukraine, the USA, Gaza and Syria. We pray for all those affected by the consequences of climate change. We pray for the community groups which use our building.



Image from: [A voice of one call | Bible Art](#)



What to Give Up:

A Lenten Reflection

Give up complaining—focus on gratitude.

Give up pessimism—become an optimist.

Give up harsh judgments—think kindly thoughts.

Give up worry—trust Divine Providence.

Give up discouragement—be full of hope.

Give up bitterness—turn to forgiveness.

Give up hatred—return good for evil.

Give up negativism—be positive.

Give up anger—be more patient.

Give up pettiness—become mature.

Give up gloom—enjoy the beauty that is all around you.

Give up jealousy—pray for trust.

Give up gossiping—control your tongue.

Give up sin—turn to virtue.

Give up giving up—hang in there!

image from: [Pin on Church](#)

St. Clement's **LENT** Schedule 2026

Ash Wednesday *(Livestreaming)*

February 18th, 7:00 – 8:00 pm

Palm Sunday *(Livestreaming)*

March 29th 10:00 – 11:15 am

Mauddy Thursday *(Livestreaming)*

Holy Eucharist & Foot Washing
Thursday, April 2nd 7:00 – 8:00 pm

Good Friday *(Livestreaming)*

(Church open at 9 a.m. for private prayer).
Friday, April 3rd 3:00 – 4:00 pm

Easter Day *(Livestreaming)*

Sunday, April 5th 10:00 – 11:15 am

Lent Bible Study

Weekly On Zoom February 18th,
10:30 am – 12:00 pm

Lent Quiet Evening

March 25th 6:00 – 7:00 pm

Living Compass

Social Media Lent Programme

Daily from February 18th
on all of our Social Media channels



StClementsChurch.ca
You are welcome here!



3400 Institute Road
North Vancouver

Parking, stair lift and ramp available.