

Gladwin Heights United Church

Please be aware that this service is broadcast live on Facebook at 9:30am

The First Sunday in Lent

February 22nd, 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 Taizé 31

TIME FOR THE YOUNG AT HEART “Sabbath”

RECONNECTING (SCRIPTURE): **Reader: Florine Lint**
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



*Gladwin Heights is a member
of Affirming United*

