

FIRST SUNDAY OF LENT



February 22, 2026
10:00 am

"Hope is being able to see that there is light despite all
of the darkness."

*- Desmond Tutu - Widely cited; appears in Forbes (August 4, 1980)
and throughout his writings*

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 10:00 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

The Presider welcomes the congregation

Presider St Laurence Anglican Church is located on the traditional, ancestral, and unceded lands of the k^wik^wəłəm (Kwikwetlem) First Nation, shared historically with the q̓ic̓əy̓ (Katzie) and other Coast Salish Peoples.

We acknowledge with respect the Kwikwetlem people, past and present, and honour their stewardship of this land.

Presider God meets us where we are.

All One day at a time.

Opening Acclamation

Presider Blessed be God, Creator, Redeemer, and Holy Spirit.

All And blessed be God's kingdom, now and for ever. Amen.

Gathering Hymn - *Christ in Me Arise* (OCP 124)

Refrain

Christ in me a - rise and dis - pel all the dark-ness.

Christ in me a - rise with your pow - er and your strength.

Christ in me pour out your bless - ing and heal - ing.

Christ in me a - rise and I shall rise with you.

Verses

1. Be now my vi - sion; o - pen these eyes, show - ing me
 2. Be now my foot - steps, lead - ing the way, tak - ing me

1. all that I must see. }
 2. where I must go. } On - ward to the king - dom,

1, 2. you are the way. A - rise in me and I shall rise with you.

Bridge

You know my heart and you know my ways, you who

formed me in my moth - er's womb. I live and move in you,

my whole be - ing thrives in you.

Presider God is with us,
 here in our midst and always,
 the love at our beginning and without end.
 Let us pray.

Silence is kept.

All Holy One,
you know our hearts: our hopes and fears,
our joys and sorrows, all our daily challenges.
In your mercy, help us. By your Spirit,
inspire and deepen your love in us.
We pray in the name of Jesus. Amen.

Collect of the Day *(the special prayer which 'collects' the theme of the day)*

Presider Holy One,
 when we're in the wilderness, you're there.
 We can't always see the way through, but you can.
 Help us trust that. **Amen.**

Kyrie - Lord Have Mercy - Mass of Communion

Ky - ri - e, e -
VERSE 2

6 B \flat F Dm C/E F C B \flat B \flat Dm
 le - i - son. Lord, have mer - cy. Chri - ste, e -

12 B \flat /F F Dm C/E F C Gm7
 le - i - son. Christ, have mer - cy.

VERSE 3

Gm7 B \flat maj7 B \flat /D F Dm C/E F C B \flat
 Ky - ri - e, e - le - i - son. Lord, have mer - cy.

22 C F
 Lord, have mer - cy.

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 - *Genesis 2:15-17, 3:1-7*

Reader Hear what the Spirit is saying.

All **Thanks be to God.**

Psalm - *Psalm 32*



1. Blessed is the one whose transgression is forgiven,
whose sin is covered.
Blessed is the one whom the Lord imputes no iniquity,
and in whose spirit there is no deceit. **Refrain**
2. I acknowledged my sin to you,
and I did not hide my iniquity;
I said, "I will confess my transgressions to the Lord,"
and you forgave the guilt of my sin. **Refrain**
3. You are a hiding place for me;
you preserve me from trouble;
you surround me with cries of deliverance. **Refrain**
4. Be glad in the Lord and rejoice, O righteous,
and shout for joy, all you upright in heart. **Refrain**

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Second Reading - *Romans 5:12-19*

Reader Hear what the Spirit is saying

All **Thanks be to God**

**We believe in God,
one, holy, undivided Trinity:
Source of Life, Living Word,
Comforter: Mystery. Amen.**

Prayers of the People

Leader Let us pray.

Faithful God, we give you thanks for this day,
for this community of St Laurence, for all who serve
and lead and care. As we gather for our
Annual Vestry Meeting, we give you thanks for the year past
and we trust you for the year ahead.

We bring before you the world you love. We name the places
torn apart by violence and conflict, the forgotten places that
rarely make the news, and the places we cannot stop
hearing about. [*Silence for people to name specific places*]

All God, walk with us.

Leader For places devastated by disaster, by flood, fire, storm,
or earthquake. For people overwhelmed by the enormity
of it all. *Silence*

All God, walk with us.

Leader For world leaders with disproportionate power and influence.
For our leaders here in Canada, in our municipalities,
in this province, in Ottawa, that they would govern with
wisdom and integrity. *Silence*

All God, walk with us.

Leader For the church around the world, for the Anglican Church
of Canada, for this diocese and our parish of St Laurence.
For all who will serve on Vestry and Parish Council
in the year ahead.

For all who serve in ways seen and unseen. *Silence*

All God, walk with us.

(continued over the page)

Leader For refugees and displaced people, for anyone without a home. *Silence*

All God, walk with us.

Leader For those who have asked for our prayers:
[Names from prayer list] Silence

All God, walk with us.

Leader For those who have died: *[Names from memorial garden or recent deaths]* For those who are bereaved, especially those marking an anniversary, birthday, or milestone. For those we remember in our memorial garden. May they rest in peace. *Silence*

All God, walk with us.

Leader Faithful God, you never leave us alone. In every wilderness, you are there. Give us the courage to keep walking. Through Christ, who goes before us. **Amen.**

Confession & Absolution

Presider The season of Lent invites us to honesty.
God already knows where we have turned away.
God already knows what we are carrying.
Let us turn toward God and name it together.

We keep a moment of quiet for reflection

Presider 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.**

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.

The Peace

Presider Christ is our peace.
Through the cross, we are reconciled to God.
The peace of the Christ be always with you.

All And also with you.

(The Peace is shared in the community, respecting personal boundaries)

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 - *Drawn to You* (BB 409)

Refrain

Drawn to you, Lord, we are drawn to you, to the
 beau-ty of your pres-ence in this place. Here for you, God, we are
 here for you as the gifts we bring be-come a feast of
 grace. We are drawn to you.

Verses

1. Drawn by the love that you have poured on us, we bring these
 2. Drawn by the faith that you ac - cept our gifts, and sanc - ti -
 3. Drawn by the ta - ble you have laid for us, the wel - come

1. gifts, works of our hands. You gath - er all we of - fer
 2. fy what we have shared. To make us ho - ly by this
 3. feast your heart pre - pares, the words now spo - ken that will

to Refrain

1. to your - self, re - ceive our prayer.
 2. bread and wine, re - ceive our prayer.
 3. make us one, re - ceive our prayer.

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Prayer over the Gifts

Presider God of mercy,

All receive these gifts and receive us.

Feed us with Christ for the journey,

and shape us in humility and love;

through Jesus Christ our Lord. Amen.

Celebration of our Sacred Meal

The Great Thanksgiving

Presider God is with you.

All And also with you.

Presider Open your hearts.

All We open our hearts to God.

Presider Let us give thanks to God our Creator.

All We give our thanks and praise.

Presider On this day, we remember that we are dust,
and that we are held in love.
You know our limits, our weariness,
and the ways we lose our way.
You do not turn from us, but meet us with mercy
and call us toward life.

And so we give thanks for Jesus,
who walks with us through death into hope.

Presider Source of all, you made our world beautiful and good,
and made us to live in right relationship with you
and all creation. You companion and sustain us
in both wilderness and oasis and accompany us daily
through remarkable and ordinary days.

You sent your Word to live among us
and show us what you are like.
We bring our seeking pilgrim hearts to you, Creator God.

You spoke the universe into being,
 the earth and all that dwells here, from the seas below
 to the skies above, you fashioned all living creatures
 and imbued them with your love.
 The signs of your goodness surround us,
 and we give you honour and praise.

And so, we join with the heavenly beings
 and all of creation as we sing:

Sanctus - Holy - Mass of Communion

Ho - ly, ho - ly, ho - ly Lord God of hosts.

5 Heav - en and earth are full of Your glo - ry. Ho - san - na in the high -

8 est. Bless - ed is He who comes in the name of the Lord. Ho -

11 san - na in the high - est. Ho - san - na in the high - est. _____

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Presider We give all thanks and praise to you,
 our true and loving God. Of your grace, you sent Jesus
 to be human, to share our life, to announce your kingdom
 of justice and peace, and to reconcile us to you.
 Through Jesus Christ you have restored the glory
 you intended for us.

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 embody your 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.

All

Amen.

Lord's Prayer

Our Fa - ther, who art in heav-en, hal - lowed be thy
name; thy king-dom come, thy will be done on earth as it
is in heav-en. Give us this day our dai - ly bread, and for-
give us our tres - pass - es, as we for-give those who
tres-pass a-gainst us; and lead us not in - to temp -
ta-tion, but de - liv-er us from e - vil.
For the king-dom, the pow-er and the glo - ry are yours
now and for ev-er, now and for ev-er, now and for ev - er.

The Breaking of the Bread

The celebrant breaks the consecrated bread.

Presider We break this bread to share in the body of Christ.

All **We, being many, are one body,
for we all share in the one bread.**

Lamb of God

Lamb of God, You take a - way the sins of the world, mi - se - re - re
 no - - bis. Lamb of God, You take a - way the
 sins of the world, mi - se - re - re no - - bis.
 Lamb of God, You take a - way the sins of the world, do - na no - bis pa -
 cem, do - na no - bis pa - - - cem.

Chords: C, B \flat , Dm, B \flat /F, F, Dm, C/E, F, C, Gm7, B \flat maj7, B \flat /D, F, Dm, C/E, F, C, B \flat , C, F

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The Invitation

Presider God meets us where we are.
 Come to this table, hungry and thirsty, weary and seeking.

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 - *Ubi Caritas* (OCP 585)

Refrain: All

*U - bi ca - ri - tas est ve - ra, est ve - ra: De - us i - bi

Verses: Cantor/Choir

est, De - us i - bi est.

1. The love of Christ joins us to -
2. In true com - mu - nion let us
3. May we who gath - er at this
4. For those in need make us your
5. May we one day be - hold your

1. geth - er. Let us re - joice in him, and in our love and
2. gath - er. May all di - vi - sions cease and in their place be
3. ta - ble to share the bread of life be - come a sac - ra -
4. mer - cy, for those op - pressed, your might. Make us, your Church, a
5. glo - ry and see you face to face, re - joic - ing with the

1. care for all now love God in re - turn.
2. Christ the Lord, our ris - en Prince of Peace.
3. ment of love, your heal - ing touch, O Christ.
4. ho - ly sign of jus - tice and new life.
5. saints of God to sing e - ter - nal praise.

to Refrain

Refrain and vss. 1, 2, 5 based on *Ubi Caritas*, 9th cent.; vss. 3, 4 by Bob Hurd. Text and music © 1996, Bob Hurd. Published by OCP Publications. All rights reserved.

Communion Hymn - *The Body of Christ* (OCP 919)



1-3. This is the Bod - y of Christ, } beau - ti - ful, bro - ken and
word be - come flesh by his
gath - ered in hope and in



1. blessed; mir - a - cle of the great - est of loves, †
2. grace; mir - a - cle of a mys - t'ry no tongue †
3. faith; bound by this love, this Bod - y and Blood he



1. pres - ence of God in our midst. This is the Cup that he
2. ev - er could ful - ly ex - plain. This is the Blood of the
3. of - fers a - gain and a - gain. All of the hun - ger we



1. shares, end - less - ly emp - tied and poured; sac - ri - fice
2. Lamb, gift of a heart o - pen wide; poured from the
3. have, sat - is - fied on - ly by this; so we re -



1. made so that we might be saved † now and for - ev - er - more.
2. Cross to the al - tar where love † com - forts and fills and pro - vides.
3. ceive, we re - mem - ber, be - lieve and share so that oth - ers may live.



A - men, a - men! We are healed by the Bread of life.



A - men, a - men! We are one in the Bod - y of Christ.



We are one in the Bod - y of Christ.

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 the journey,

**All you have fed us with bread for the road.
Strengthen us for the way ahead,
that we may walk in your light and serve you with joy;
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

The Blessing

Presider May God who meets us where we are
walk with you this day and always.
May the love that will not let you go
hold you in every wilderness.
May the light that shines in darkness
guide your steps and warm your heart.

And the blessing of God Almighty,
Creator, Redeemer, and Holy Spirit,
be among you and remain with you always. **Amen.**

Closing Hymn - *Refiner's Fire*

1. Purify my heart
Let me be as gold
And precious silver
Purify my heart
Let me be as gold, pure gold

Chorus

Refiner's fire
My heart's one desire
Is to be holy
Set apart for You Lord
I choose to be holy
Set apart for You my Master
Ready to do Your will

2. Purify my heart
Cleanse me from within
And make me holy
Purify my heart
Cleanse me from my sin, deep within

Minister Go in peace, sharing the light with the world.

All Thanks be to God.

Reminder:

Our Annual Vestry Meeting will be held in the Fellowship Hall following the 10:00 am service. All are welcome to join.

Acknowledgements

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Deacon: The Reverend Patricia Ratcliffe
Honorary: The Reverend Carla McGhie
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Office Hours:

10:00am-3:00pm (drop-in)

Monday - Friday

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825 St. Laurence St. Coquitlam, BC V3J 6G7

Hearing Assistance Available - see Sound Technician

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.

2025 TAX RECEIPTS

are now available. Please pick yours up in the Large Narthex.

Next Week....

A number of our men will be away to Men's Retreat. Pray that it will be a rewarding and meaningful time, and that many lasting friendships will be built and strengthened during their time away.

Parish Community Events

Events that are planned for community building and enjoyment are an important part of the life of a parish.

In the past at St. Laurence, we have enjoyed barbeques, Easter Sunday lunches, hoe-downs, chilli and pie making contests, trivia nights and movie nights.

All events planned for participation by people of all ages.

We would like to host more of these events and are looking for people to help – with the planning and implementation.

If you are interested, please speak with Erin Barr or contact Curt in the office. (office@saintlaurence.ca)

We will begin with an initial planning session to brainstorm ideas.



Lenten Morning Prayer

Weekdays | 8:00 AM

Live on YouTube and Facebook



2026 St. Laurence Women's Retreat Registration

Friday, March 20th - Sunday, March 22nd

Loon Lake Lodge and Retreat Centre
Maple Ridge, BC

Link for registration on the church website
www.saintlaurence.ca

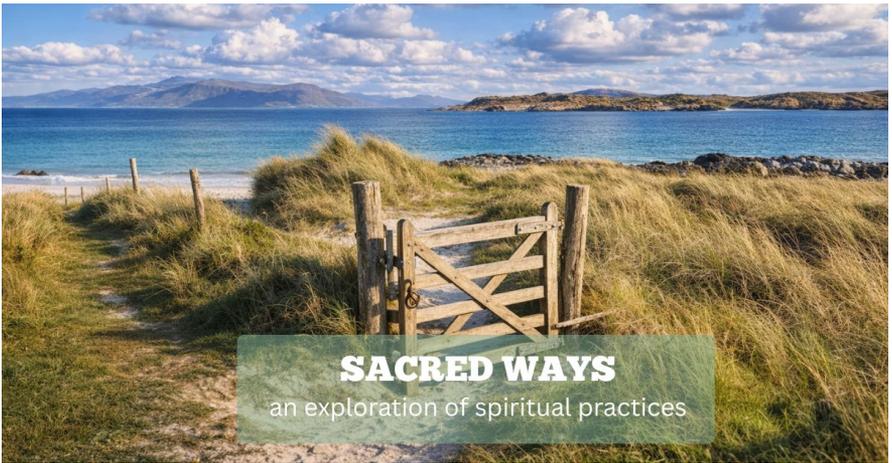
Hope and Strength in Unsettling Times

It is God's gift to us that we long to live peaceably and purposefully in all times.

Through Scripture, Wisdom stories, and our own experiences we will seek the grace, vision, insights, even joy to nourish the stability of our souls in the midst of all that troubles us now

Come spend a wonderful weekend in a beautiful and relaxed environment. This retreat is an opportunity to reconnect with ourselves, find community in each other, and enjoy great food, with time for reflection, fun and laughter.

*This year we will be joined by the **Rev Joanne Epply-Schmidt**. She has served in ordained ministry for 35 years, more recently as Interim Priest in Charge of Saint Laurence. She is a Storyteller and Teaching Artist and retreat leader. This is a women's event, so feel free to invite a friend, sister, mother - any woman you would like to share a retreat experience with.*



Friday, 11am – 12 pm, in Sanctuary - Drop In

(in-person only)

A gathering that invites you to explore a range of contemplative spiritual practices.

A space to open our hearts and deepen our awareness of the Holy.

February 20, 2026 *Start date*

March 6, 2026

March 20, 2026

April 10, 2026

April 24, 2026

May 8, 2026

May 22, 2026

June 5, 2026

The path that leads inwards ultimately leads back to our world where our refreshed, nurtured hearts can become channels of hope and care for others.