



Soul Food
Sunday

NEIGHBOURHOOD
BREAKFAST & PRAYER

First Sunday of the Month
10 am

ALL ARE WELCOME

***Second Sunday of Lent
Sunday March 1, 2026***

*Help yourself to coffee. We welcome your hunger.
First, we will have a time of grace, then we will eat.*

As you settle into the space, please visit the prayer stations. If you would like a prayer request to be read aloud (anonymously) for yourself, a loved one, the Church, or a concern in the world, please write your request clearly, fold the paper, and place it in one of the baskets provided.

GATHERING OF THE COMMUNITY

WELCOME & LAND ACKNOWLEDGMENT

Presider Since the first century, followers of Christ have gathered around tables for worship.

All Eating together in love is an act of worship.

Presider Jesus asked his followers to remember him by eating together.

All Eating together in love brings glory to God.

Presider Communing, we share stories of faith.

All Eating together in love makes God visible.



OPENING PRAYER

Presider God is with us,
 Here in our midst and always,
 The love at our beginning and without end.

Let us pray.

Holy One,

**All 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 this in the name of Jesus. Amen.**

THE COLLECT

Presider Holy God,
**All whose Spirit's breath
 prompts our seeking:
 transform the night-time of our fear
 into a welcoming womb
 for us and all the world;
 through Jesus Christ,
 in whom we are born anew. Amen.**



GRACE

**All At this table, Lord, all are welcome.
 Bless this food, as a sign that we are not
 alone.**

*Prayer stations remain open during our shared meal.
Please share a prayer of gratitude or intercession to be read
aloud (anonymously) so we may pray together.*

"HEARING THE STORY" / PROCLAMATION OF THE WORD

The sound of a singing bell invites us to hear and to reflect.

A Poem for Lent: on the Nature of Prayer and Drawing Close to God

"How I Talk to God," *Kelly Belmonte*

Coffee in one hand
leaning in to share, listen:
How I talk to God.

'Momma, you're special.'
Three-year-old touches my cheek.
How God talks to me.

While driving I make
lists: done, do, hope, love, hate, try.
How I talk to God.

Above the highway
hawk: high, alone, free, focused.
How God talks to me.

Rash, impetuous
chatter, followed by silence:
How I talk to God.

First, second, third, fourth
chance to hear, then another:
How God talks to me.

Fetal position
under flannel sheets, weeping
How I talk to God.

Moonlight on pillow
Tending to my open wounds
How God talks to me.

Infinite connects
with finite, without words:
How God talks to me.

*The sound of a singing bell invites us to reflect
and, again, to turn our attention to the Gospel.*

Presider: The Holy Gospel of our Lord Jesus Christ,
according to Luke.

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

Gospel Reading: John 3:1-17

Presider: The Gospel of the Lord.
All: **Praise to you, Lord Christ.**

RESPONDING TO THE STORY

Reflection The Rev. Sarah Lehman

AFFIRMATION OF FAITH

*You are invited to join in an affirmation of faith.
Please rise, in body or in spirit.*

**You, O God, are creator of all,
by whom every being in heaven and earth
is fashioned, named, and sustained.
You call us each by name.**

**You, O God, are Living Word,
who came and pitched your tent with us,
lived and died and rose again.
You speak to us now through faith.**

**You, O God, are Holy Spirit,
who comforts, strengthens, and inspires,
sending us forth to share your love.
You are the breath of grace.**

**You, O God, are Trinity:
Creator, Word, Spirit;
Artist, healer, friend.
You are holy mystery.
We worship you. Amen.**

PRAYERS OF THE PEOPLE

Presider Let us bring our prayers and our
 confessions to God, remembering all who
 are in need this day, in body, mind, or
 spirit.

Three readers alternate reading aloud the submitted prayers.

We respond to each prayer with
“Lord of Love, hear our prayer.”

RECONCILING/CONFESSION & ABSOLUTION

Presider Let us pray.

All Holy One,
we long for you.
You know our wounding and our broken-
heartedness.
You know how others have hurt us,
and how we have hurt others.
You alone have the healing we need.
Yours is the love that changes everything.
Amen

Presider Giver of life, have mercy on us;
Pardon and deliver,
revive and strengthen,
and keep us in eternal life,
through Jesus Christ our Lord. **Amen.**

PASSING THE PEACE

Presider May the peace of God be always with
you.

All **And also with you.**

*Please share a non-touch sign of peace with one another
(for example, a bow with hands folded), taking special care
to create peace in any relationships that may need special
care or attention.*



"THE STORY OF THE TABLE"/HOLY COMMUNION

*As the table is prepared and our offerings are presented,
we form a circle in the inner horseshoe.
Please help neighbours with mobility aids
to find a comfortable place in the circle.*

Presider Source Eternal, we bring our offerings to you.
We thank you for this bread and wine,
gifts of your creation.
We thank you for Jesus: God with us.

People Amen.

Presider God is with you.
People And also with you.

Presider Open your hearts.
People We open them to God.

Presider Let us give thanks to God our Creator.
People We give our thanks and praise.

Presider Creator, You made our world –
beautiful, wholesome, and good.
You made us to live in right relationship
with you and all creation.
You sent Jesus to live among us
and show us what you are like.

We bring our grateful, worshipping hearts
To you, our awesome God.
You formed the earth and all that dwells here,
the seas below and the skies above.
You crafted all creatures and inspired them,
animating all with your Spirit of love.
You alone are worthy of glory,
honour, and praise.

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

All **You are holy.**
You are whole.
You are always ever more
than we ever understand.
You are always at hand.

All **Blessed are You coming near.**
Blessed are You coming here,
to your church in wine and bread,
Raised from soil, raised from dead.
You are holy.
You are wholeness.
You are present.
Let the cosmos praise you, Lord.

Presider Glory and honour are yours, Creator of all,
Your Word has never been silent.
Of your grace, you sent Jesus to live among
us to share our humanity and daily life,
to proclaim the coming of justice and peace,
and to give himself for us.
Through Jesus Christ
we are reconciled to you and
restored the goodness 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 of it, all of you.

Presider 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 the 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 be a people of hope, 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. **Amen.**

THE LORD'S PRAYER

Presider As Jesus taught us, let us pray,
in whatever language or wording is most
meaningful to each of us, saying

**All Our Father in heaven,
 hallowed be your name,
 your kingdom come,
All 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 This is the bread of life given in love for us.
This is the cup of restored relationship
with God.

These are the gifts of God for God's people.

All Thanks be to God!

THE SHARING OF COMMUNION

We share the bread with one another, saying:
"The Body of Christ, Food for the Journey"

We share the wine, saying:
"The Cup of Salvation"

PRAYER AFTER COMMUNION

Presider Let us pray.

People As we have shared this bread and wine,
We share new life in Christ.

People Send us out in the power of your spirit,
**To stand with you in the world and share
your love.**

BLESSING The Rev. Sarah Lehman



ON THE WAY

*Following community announcements,
we clean up together.*

Thank you for your presence at the table.

FOOD FOR THE JOURNEY

As you move through the week and recall our shared worship, these questions are offered for continuing reflection:

- Kelly Belmonte’s poem speaks of the ways that the poet talks to God and senses God talking to them. With prayer being a traditional Lenten “discipline”, how are *you* talking to God in this season and how are *you* hearing God’s voice?
- Nicodemus arrives – under cover of darkness – to ask BIG questions of Jesus. What questions are currently in *your* heart that you are asking God? Do you feel that you need to ask them in secret or can you raise them openly – either with God or with a trusted companion in faith?
- Jesus tells Nicodemus, “...no one can see the kingdom of God without being born from above.” How do you understand -- and how have you experienced -- “new birth”?
 - Many Anglicans, particularly in more evangelical strands, use "born again" to describe a personal, conscious conversion experience—a "spiritual awakening" or an intentional decision to follow Christ.
 - Many Anglicans who are baptised as children or infants view “new birth” as an ongoing process of transformation, rather than a single event, often referring to a daily, renewed commitment.

Sources for Today's Worship

Collect I for Second Sunday of Lent from *Prayers for an Inclusive Church* (2009) alt., in *Alternative Collects for Years A, B, and C of the Revised Common Lectionary with Seasonal Prayers over the Gifts and Prayers after Communion*, authorized by The General Synod of the Anglican Church of Canada

Kelly Belmonte, 'How I Talk to God,' in *Three Ways of Searching*, Finishing Line Press, 2013, reprinted by permission in Malcolm Guite, *The Word in the Wilderness: A Poem a Day for Lent and Easter* (Norwich, England: Canterbury Press, an imprint of Hymns Ancient & Modern Ltd., 2014), pp 61-62.

Eucharistic Liturgy from St. Hildegard's Sanctuary, Vancouver, in *All Are Welcome: Liturgical Resources for Trauma-Sensitive Congregations*, authorized for use in the Anglican Diocese of New Westminster



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