



WE ACKNOWLEDGE THAT AS A PARISH OF THE DIOCESE OF NEW WESTMINSTER,  
WE GATHER ON THE TRADITIONAL AND UNSURRENDERED TERRITORY OF THE  
HALQ'EMEYN-SPEAKING COAST SALISH PEOPLES, INCLUDING BUT NOT LIMITED TO  
THE QAYQAYT, MUSQUEAM, KWITWETLEM, KWANTLEN, TSAWWASSEN. AND TSEIL-  
WAUTUTH, WE SEEK TO WALK A PATH OF RECONCILIATION & HEALING.

**10 am Eucharist**  
**Lent 2**  
**1 March 2026**

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*Whether you have been a lifelong Anglican or are new to our tradition, we welcome you this morning! If you are not familiar with Anglican worship, simply allow the words, music and symbols to speak to you. Participate as fully as you feel comfortable in doing. We stand to sing and sit to listen. Some people kneel for prayer, some sit and some stand. Please do what is comfortable for you. You are invited to join in the words in **bold type**. Music for the songs is found in the blue Common Praise or green Songs for a Gospel People hymnbook in the pews.*

# THE GATHERING OF THE COMMUNITY

## *Prelude*

## *Welcome*

### **Gathering Hymn**

'To Abraham and Sarah'

*Common Praise 468 (tune Thornbury)*

**To Abraham and Sarah the call of God was clear:  
“Go forth and I will show you a country rich and fair.  
You need not fear the journey, for I have pledged my word  
That you shall be my people and I will be your God.”**

**From Abraham and Sarah arose a pilgrim race,  
Dependent for their journey on God’s abundant grace;  
And in their heart was written by God this saving word:  
“That you shall be my people and I will be your God.”**

**We of this generation on whom God’s hand is laid  
Can journey to the future secure and unafraid,  
Rejoicing in God’ goodness and trusting in this word,  
“That you shall be my people and I will be your God.”**

## *Greeting*

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

**People: And also with you.**

Presider: We gather here from many places on land that is the traditional and unsundered territory of the Halq'emeyn-speaking Coast Salish peoples.

**People: May Christ lead us on right pathways as we seek truth and reconciliation in action.**

*Silence is kept for us to confess our brokenness and need for healing*

***Kyrie (sung 3 times through)***  
*Common Praise 678 (Merbecke)*

**Lord, have mercy upon us.  
Christ, have mercy upon us.  
Lord, have mercy upon us.**

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.**

***Young People's Time***

***The Collect of the Day***

Presider: Let us pray,

**All: Holy God,  
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.**

**THE PROCLAMATION OF THE WORD**

***The First Reading: Genesis 12:1-4a***

Reader: A reading from the Book of Genesis,

The LORD had said to Abram, "Go from your country, your people and your father's family. Go to the land I will show you. <sup>2</sup> "I will make you into a great nation. And I will bless you. I will make your name great. You will be a blessing to others. <sup>3</sup> I will bless those who bless you. I will put a curse on anyone who puts a curse on you. All nations on earth will be blessed because of you." <sup>4</sup> So Abram went, just as the LORD had told him.

Reader: Holy Word, Holy Wisdom.

**All: Thanks be to God.**

## ***The Psalm: 121***

‘Unto the Hills’  
*Common Praise 543 (tune Sandon)*

**Unto the hills around do I lift up my longing eyes;  
O whence for me shall my salvation come, from whence arise?  
From God the Lord doth come my certain aid,  
From God the Lord, who heaven and earth hath made.**

**He will not suffer that thy foot be moved: safe shalt thou be.  
No careless slumber shall his eyelids close who keepeth thee.  
Behold our God, the Lord, he slumbereth ne’er,  
Who keepeth Israel in his holy care.**

**Jehovah is himself thy keeper true, thy changeless shade;  
Jehovah thy defence on thy right hand himself hath made.  
And thee no sun by day shall ever smite;  
No moon shall harm thee in the silent night.**

**From every evil shall he keep thy soul, from every sin;  
Jehovah shall preserve thy going out, thy coming in.  
Above thee watching, he whom we adore  
Shall keep thee henceforth, yea, for evermore.**

## ***The Second Reading: Romans 4:1-5 & 13-17***

Reader: A reading from Paul’s Letter to the Romans,

What then are we to say was gained by Abraham, our ancestor according to the flesh? <sup>2</sup> For if Abraham was justified by works, he has something to boast about, but not before God. <sup>3</sup> For what does the scripture say? ‘Abraham believed God, and it was reckoned to him as righteousness.’ <sup>4</sup> Now to one who works, wages are not reckoned as a gift but as something due. <sup>5</sup> But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

<sup>13</sup> For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. <sup>14</sup> If it is the adherents of the law who are to be the heirs, faith is null and the

promise is void. <sup>15</sup> For the law brings wrath; but where there is no law, neither is there violation.

<sup>16</sup> For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, <sup>17</sup> as it is written, 'I have made you the father of many nations')—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Reader: Holy Word, Holy Wisdom.

**All: Thanks be to God.**

**Gospel Hymn (sung three times)**

'Our Darkness is Never Darkness'

*Common Praise 549 (tune Taizé)*

**Our darkness is never darkness in your sight:  
the deepest night is clear as the daylight.**

***The Gospel: John 3:1-17***

Reader: The Lord be with you.

**All: And also with you.**

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

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

Now there was a Pharisee named Nicodemus, a leader of the Jews. <sup>2</sup> He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' <sup>3</sup> Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' <sup>4</sup> Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' <sup>5</sup> Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. <sup>6</sup> What is born of the flesh is flesh, and what is born of the Spirit is spirit. <sup>7</sup> Do not be astonished that I said to you, "You must be born from above." <sup>8</sup> The wind blows where it chooses,

and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.’<sup>9</sup> Nicodemus said to him, ‘How can these things be?’<sup>10</sup> Jesus answered him, ‘Are you a teacher of Israel, and yet you do not understand these things?

<sup>11</sup> ‘Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. <sup>12</sup> If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things?

Reader: The Gospel of Christ.

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

### *Gospel Hymn (continued)*

**Our darkness is never darkness in your sight:  
the deepest night is clear as the daylight.**

*Teaching*

The Rev. Stephanie Shepard

### *The Apostle’s Creed*

Presider: Let us confess the 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 Holy Spirit  
and born of the virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
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.**

## **THE PRAYERS OF THE PEOPLE**

**Leader:** In the power of the Spirit, let us pray to God for the Church and the world. To the bidding, 'God of all nations', please respond, 'Hear our prayer.'

Renew your Church by the working of the Holy Spirit. In quiet and humble rebirth may your people find new strength. May we be your body in the world and show the way of salvation to all who seek. God of all nations,

**All: Hear our prayer.**

**Leader:** We pray for all who are called to be teachers. May their studies and their discussions be illumined with your wisdom and light. Give us the dedication to be life-long students of your Word, that we are not afraid of ambiguity and questions. God of the nations,

**All: Hear our prayer.**

**Leader:** God, you loved the world even to sending the Son to be our Saviour. Come among us for the healing of conflict between nations and races. We lift up to you those places and situations that are on our hearts, either silently or aloud... *pause here...*

Draw those who hold power and influence into the presence of Christ, to know his love and to make it their own in all their dealings. God of all nations,

**All: Hear our prayer.**

Leader: Lift up our eyes to see the grace of God in all around us. Help us to recognize your presence in our homes, our communities, and our workplaces. Lift up our hearts to be messengers of peace to our families, friends, and neighbours. Help us to find in what is familiar a deep, new understanding of love. God of the nations,

**All: Hear our prayer.**

Leader: Have mercy on those who are in darkness or have lost their way. Be with those who no longer seek you or know your will. May the life-giving Spirit bring hope and healing to the sick, and strength to those who minister to them. We remember those who have asked us to pray for them by name... *pause here*...

God of all nations,

**All: Hear our prayer.**

Leader: May the souls of those who have died be gloriously born again to eternal life, where love is complete and the night of seeking turns to perfect day. May we too in our time be born again in glory. God of all nations,

**All: Hear our prayer.**

Leader: We pray in the name of Christ, who was lifted up in pain and triumph for our sake.

**All: Amen.**

### ***The Exchange of the Peace***

Presider: May the peace of the Lord be always with you.

**All: And also with you.**

*You are invited to share a sign of God's peace with your neighbours, respecting their comfort with distance and touch.*

# THE HOLY COMMUNION

## *Offering Hymn*

'Singing Songs of Expectation'  
*Common Praise 536 (tune Holy Manna)*

**Singing songs of expectation,  
onward goes the pilgrim band,  
Through the night of doubt and sorrow,  
marching to the promised land.  
Clear before us through the darkness  
Gleams and burns the guiding light:  
Trusting God, we march together  
Stepping fearless through the night.**

**One the light of God's own presence,  
O'er his ransomed people shed,  
Chasing far the gloom and terror,  
Brightening all the path we tread:  
One the object of our journey,  
One the faith which never tires,  
One the earnest looking forward,  
One the hope that God inspires.**

**One the strain the lips of thousands  
Lift as from the heart of one;  
One the conflict, one the peril,  
One the march in God begun:  
One the gladness of rejoicing  
On the far eternal shore,  
Where the one almighty Father  
Reigns in love for evermore.**

## *The Prayer over the Gifts*

Presider: Let us pray,

**All: God of wisdom,  
May the light of the eternal Word,  
Our Lord and Saviour Jesus Christ,  
Guide us to your glory.  
We ask this in his name. Amen.**

Presider: The Lord be with you.

**People: And also with you.**

Presider: Lift up your hearts.

**People: We lift them to the Lord.**

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

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

Presider: Holy God, Lover of creation, we give you thanks and praise for in the ocean of your steadfast love you bear us and place the song of your Spirit in our hearts. When we turn from your love and defile the earth, you do not abandon us. Your Spirit speaks through Huldah and Micah, through prophets, sages, and saints in every age, to confront our sin and reveal the vision of your new creation. Joining in the song of the universe we proclaim your glory singing:

**Sanctus**

*Common Praise 683 (Merbecke)*

**All: Holy, holy, holy, Lord, God of hosts.  
Heaven and earth are full of thy glory.  
Glory be to thee, O Lord most high.  
Blessed is he that cometh in the name of the Lord.  
Hosanna in the highest.**

Presider: Gracious God, in the fullness of time you sent Jesus the Christ to share our fragile humanity. Through Jesus' life, death, and resurrection you open the path from brokenness to health, from fear to trust, from pride and conceit to reverence for you.

Rejected by a world that could not bear the Gospel of life, Jesus knew death was near. His head anointed for burial by an unknown woman, Jesus gathered together those who loved him. He took bread, gave thanks to you, broke it and gave it to his friends, saying, "Take and eat: this is my body which is given for you. Do this for the remembrance of me." After supper, Jesus took the cup of wine, gave you thanks, and said "Drink this all of you, this is my blood of the new covenant which is shed for you. Whenever you

drink it, do this for the remembrance of me.” And now we gather at this table in response to his commandment, to share the bread and cup of Christ’s undying love, and to proclaim our faith.

**All: Christ has died, Christ is risen, Christ will come again.**

Presider: Breathe your Holy Spirit, the wisdom of the universe, upon these gifts that we bring to you: this bread, this cup, ourselves, our souls and bodies, that we may be signs of your love for all the world and ministers of your transforming purpose. Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, Creator of all, and we bless your holy name for ever.

**All: Amen.**

### ***The Lord’s Prayer***

Presider: In the language closest to your heart, let us pray as Jesus taught us:

*You are invited to use either the traditional or contemporary version in English or the language you find most helpful for prayer.*

**Our Father who art in heaven,  
hallowed be thy name.  
Thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us today our daily bread.  
Forgive us our trespasses  
as we forgive those who  
trespass against us.  
Lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
the power, and the glory  
for ever and ever. Amen.**

**Our Father in heaven,  
Hallowed be your name.  
Your kingdom come,  
Your will be done  
on earth as in heaven.  
Give us this day 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 forever. Amen**

## **Agnus Dei**

*Common Praise 685 (tune Merbecke)*

**O Lamb of God, that takest away the sin of the world:  
Have mercy upon us.**

**O Lamb of God, that takest away the sin of the world:  
Have mercy upon us.**

**O Lamb of God, that takest away the sin of the world:  
Grant us thy peace.**

Presider: Dear friends in Christ, God bids you welcome to this table. Here we are strengthened for the journey. Here strangers become friends and the seeker finds God's wisdom speaking to them. See who you are and become what you see. These are the gifts of God for the people of God.

**People: Thanks be to God.**

### ***The Communion***

*You are invited to come forward to receive bread and wine. Gluten-free wafers are available. You receive the fullness of Christ's love if you prefer to take one kind (just the bread or the wine). If you would prefer to have a blessing, please let the priest know.*

### **Hymns During Communion**

**'Amazing Grace'**

*Common Praise 352 (tune New Britain)*

**Amazing grace! How sweet the sound  
that saved a wretch like me!  
I once was lost, but now am found;  
was blind, but now I see.**

**'Twas grace that taught my heart to fear,  
and grace my fears relieved;  
how precious did that grace appear  
the hour I first believed!**

**The Lord has promised good to me,  
This word my hope secures;  
he will my shield and portion be,  
as long as life endures.**

**Through many dangers, toils and snares,  
I have already come;  
'tis grace hath brought me safe thus far,  
and grace will lead me home.**

**When we've been there ten thousand years,  
bright shining as the sun,  
we've no less days to sing God's praise  
than when we'd first begun.**

**Anthem- HTC Choir  
'Giver of the Perfect Gift' by O. Gibbons**

## **THE SENDING FORTH OF THE COMMUNITY**

### ***The Prayers after Communion***

**Presider:** Let us pray:

**All:           Creator of heaven and earth,  
                  We thank you for these holy mysteries,  
                  Which bring us now a share in the life to come,  
                  Through Jesus Christ our Lord. Amen.**

### ***The Announcements***

## Sending Hymn

'Lord, the Light of Your Love is Shining'  
*Common Praise 460 (tune Shine Jesus Shine)*

**Lord, the light of your love is shining;  
In the midst of the darkness, shining.  
Jesus, Light of the world, shine upon us;  
Set us free by the truth you now bring us.  
Shine on me, shine on me!**

**Chorus**    *Shine, Jesus, shine!  
Fill this land with the Father's glory!  
Blaze, Spirit, blaze!  
Set our hearts on fire!  
Flow, river, flow!  
Flood the nations with grace and mercy!  
Send forth your word, Lord,  
And let there be light!*

**Lord, I come to your awesome presence;  
From the shadows into your radiance.  
By the blood I may enter your brightness.  
Search me, try me, consume all my darkness.  
Shine on me, shine on me!**

**Chorus**

**As we gaze on your kingly brightness,  
So our faces display your likeness.  
Ever changing from glory to glory,  
Mirrored here, may our lives tell your story.  
Shine on me, shine on me!**

**Chorus**

### ***The Dismissal***

Presider: Go in peace to love and serve the Lord

All:            **Thanks be to God.**

### ***Postlude***

*The liturgy is based on the Book of Alternative Services, and the Collect of the Day is taken from "Alternative Collects RCL", Anglican Church of Canada. The prayers of the people are adapted from "Hear Our Prayer: Gospel Based Intercessions" by Raymond Chapman.*



## Liturgical Ministers today

Greeter & worship assistant, 8:00 am:	Sandra Wrigley
Greeters, 10 am:	Kate Abel & Gerry Stensgaard
Reader:	Kate Abel
Chalice Administrators:	Carol Murdoch & Susan Stensgaard
Presider:	the Rev. Stephanie Shepard
Server:	Greg Kennelly
Crucifer:	Linda Gravlin
Guest Musician:	Graham Pudek

### THIS WEEK AT HOLY TRINITY CATHEDRAL

**Trinity Tuesday Series 'Walking the Way', 4-5 pm in the Lounge**

**Wednesday Midweek Eucharist, 9:30-10 am**

**Wednesday Bible Study 10:30-11:30 am in the Lounge**

**Thursday Vespers 5:30-6 pm (online by Zoom)**

**Saturday Community Brunch, 11 am- noon in the Hall**

**Sunday BCP Eucharist, 8-9 am.\***

**Sunday Choral Eucharist, 10-11:15 am\***

*\*live-streamed over Facebook.*

*+ link through the weekly newsletter. Sign up on the website.*

Go to <https://www.holytrinitycathedral.ca/events>.

*Click on the photo of the service. This will take you to Facebook. A box will come up asking for your Facebook login. Click the X on the right upper corner of the box. If you do not have Facebook you should be able to watch from the HTC site.*

### **Readings for Lent 3, March 8, 2026**

Exodus 17:1-7; Psalm 95; Romans 5:1-11; John 4:5-42

## HOLY WEEK IN NEW WESTMINSTER

**Thursday April 2, time TBA**

Maundy Thursday supper and service at St. Barnabas

**Friday April 3, 10:30-11:45 am**

Good Friday service at Holy Trinity Cathedral

**Friday April 3, 12 noon to 1 pm**

"Cross Walk" Stations of the Cross around New Westminster,  
beginning and ending at HTC

**Saturday April 4, 7 pm**

Easter Vigil service at St. Mary, Sapperton

**Sunday April 5**

*Easter Sunday at Holy Trinity Cathedral!*

7:30 am Lighting of the Easter Fire

8 am Traditional Easter Eucharist

9 am Light Easter Breakfast in the Lounge

10 am Choral Easter Eucharist

11:30 am Easter Egg Hunt for younger folk

