

FOURTH SUNDAY OF LENT

Fourth Sunday of Lent



March 15, 2026
10:30 am

"The biggest human temptation is to settle for too little."

*Thomas Merton - Trappist Monk, Contemplative writer
Source: Widely cited; earliest source Forbes (August 4, 1980)*

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 10:30 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 ɥícəy̓ (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 - *Come and Journey With a Saviour (CP 482)*

1. Come and journey with a Saviour
who has called us from our birth,
who has washed us in the waters,
and who loved us on the earth.

Refrain:

Come and journey, come and journey
with a Saviour who has come.
We are all God's sons and daughters;
in the Spirit we are one.

2. Come and journey, journey inward,
come and seek him deep within,
where he meets us in our living,
in our striving and our sin. ***Refrain***
3. Come and journey, journey outward,
telling others of his name,
telling others of his glory,
of his cross and of the shame. ***Refrain***
4. Come and journey, journey outward,
where that cross calls us to care,
where in injustice and where hunger
and the poor call us to share. ***Refrain***
5. Come and journey, journey upward.
Sing his praises, offer prayer.
In the storm and in the stillness
find his presence everywhere. ***Refrain***
6. Come and journey, journey onward;
all our gifts we now shall bring
to the building of a city
that is holy, Christ its King. ***Refrain***

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.

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 in the name of Jesus. Amen.**

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

Presider God of light,
you open eyes that cannot see.
Help us see clearly:
what matters, where you're at work, how to love.
Through Christ. **Amen.**

Gathering of Children

Children and their leaders are invited to come forward for a prayer before heading to Kids Church. They will rejoin us in time for Communion. If your child prefers to stay in the service, they are welcome here, and activities are available at the table, at the rear of the sanctuary.

Presider Loving God,
**All we pray for open hearts and minds.
Help us to grow in faith, love, and understanding,
and may your love unite us, now and always. Amen.**

(Children leave for Kids Church)

Kyrie - Lord Have Mercy - Mass of Communion

© 2011 Thankyou Music Ltd | Valley Of Songs Music | Worship Together Music | Ike Ndolo Music

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 in the Holy Scriptures.

All **Our hearts and minds are open.**

First Reading - 1 Samuel 16:1-13

Reader Hear what the Spirit is saying.

All **Thanks be to God.**

Psalm - *Psalm 23*



1. The Lord's my Shep - berd, I'll not want. He makes me lie in pas - tures
 2. He guides my ways in right - eous - ness, and He a - ppoints my head with
 3. And though I walk the dark - est path, I will not fear the e - vil



green. He leads me by the still, still wa - ters, His good - ness re - stores my
 oil; And my cup, it o - ver - flows with joy, I feast on His pure de -
 ene; For You are with me, and Your rod and staff are the com - fort I need to

CHORUS



soul. And I will I will trust, I will trust in You. I will trust, I will
 lights. _____
 know. _____



trust in You a - lone, and I will trust in You a -



trust in You. End - less mer - cy fol - lows me, good - ness will lead me home. _____



lone; For Your end - less mer - cy fol - lows me, Your good - ness will lead me home. _____

© 1996 Getty Music Hymns and Songs | Thankyou Music Ltd

Second Reading - *Ephesians 5:8-14*

Reader Hear what the Spirit is saying.

All Thanks be to God.

Please remain seated for the Gospel Reading

Gospel Acclamation



Refrain text © 1969, 1981, 1997, ICEL. All rights reserved. Used with permission.
Music © 2018, Sarah Hart. Published by OCP. All rights reserved.

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

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

Gospel – *John 9:1-41*

Reader The Gospel of Christ.

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

Homily - *Rev. Philip Cochrane*

Affirming Our Faith

Presider In this season of wilderness and return,
we declare the faith that holds us.

All **We believe in God, the Source of Life,
by whom every being in heaven and earth
is created, named, and sustained.**

**We believe in God, the Living Word,
who restores us to relationship
and speaks to us through faith.**

**We believe in God, the Holy Spirit,
who comforts, guides, and strengthens us
to share the good news of grace.**

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

Prayers of the People

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 - *The King of Love My Shepherd Is* (BB 470)



1. The King of love my shep - herd is, Whose
2. Where streams of liv - ing wa - ter flow With
3. Per - verse and fool - ish I have strayed, But
4. In death's dark vale I fear no ill With
5. You spread a ta - ble in my sight, Your
6. And so through all the length of days Your



1. good - ness fails me nev - er; I noth - ing lack if
2. gen - tle care he leads me, And where the ver - dant
3. yet in love he sought me, And on his shoul - der
4. you, dear Lord, be - side me; Your rod and staff my
5. sav - ing grace be - stow - ing; And O what joy and
6. good - ness fails me nev - er: Good Shep - herd, may I



1. I am his, And he is mine for - ev - er.
2. pas - tures grow, With heav'n - ly food he feeds me.
3. gen - tly laid, And home, re - joic - ing, brought me.
4. com - fort still, Your cross be - fore to guide me.
5. true de - light From your pure chal - ice flow - ing!
6. sing your praise With - in your house for - ev - er.



How can my heart turn a-way? Je - sus, I love



you. Je - sus, I love you. You are my song



and my strength. Je - sus, I love you.

Text: 87 87 with refrain; Verses, based on Psalm 23; Matthew 18; John 10; Henry Williams Baker, 1821-1877, alt.; Refrain, Sarah Kroger and Sarah Hart. Music: Verses, trad. Irish Melody.
Refrain text and music © 2013, Fiat Music, LLC, (published by Spirit & Song®, a division of OCP), and Sarah Hart (administered by CapitolCMGPublishing.com). All rights reserved. Used with permission.

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 In this season of turning and following,
you do not leave us alone.
You meet us in the wilderness,
in our hunger and our questioning,
in the slow middle of the journey.

We give you thanks for Jesus,
who knows what it is to be weary and to be tested,
and who, through all of it, remained your faithful one,
our companion on the way.

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.

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

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

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

© 2011 Thankyou Music Ltd | Valley Of Songs Music | Worship Together Music | Ike Ndolo Music

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

© 2011 Thankyou Music Ltd | Valley Of Songs Music | Worship Together Music | Ike Ndolo Music

The Invitation

Presider God meets us where we are.
All are welcome at this table.
Come and receive 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.

For the well-being of everyone in the community, please receive the bread directly rather than dipping it in the chalice.

Before or after receiving Communion, you are welcome to light a candle in prayer on the left side of the sanctuary, remembering a person or intention. Prayer ministers are also available on the right side of the sanctuary if you would like someone to pray with you.

Communion Hymn - *Ubi Caritas* (GC 408)

Refrain

U - bi ca - ri - tas et a - mor,
Live in char - i - ty and stead - fast love,

u - bi ca - ri - tas De - us i - bi est.
live in char - i - ty; God will dwell with you.

T

Text: 1 Corinthians 13:2-8; Where charity and love are found, God is there; Taizé Community, 1978
 une: Jacques Berthier, 1923-1994
 © 1979, Les Presses de Taizé, GIA Publications, Inc., agent

Communion Hymn - *Make Your Home in Me* (OCP 352)



1. Ev - ery fox, a den; ev - ery bird, a nest; but the
2. Lord, you come to me in your home - less - ness; burn - ing



1. Son of Man has no place to rest. Ev - ery heart, a man; ev - ery
2. in your eyes, such a great dis - tress. Who will heal your wounds? Who will



1. king, a throne; but the Word Made Flesh, no earth - ly home.
2. make your bed? I will com - fort you, I will share my bread.



Your bur - den's light and your yoke is eas - y. Your name is



love and your grace is free. My heart was locked but



you had the key. Make your home in me,



make your home in me.

Bridge

Where there is love, there is no fear.
So, make your home and residence here.

I'm so alive when you are near,
so, make your home in me.

Text based on Matthew 8:20; 11:30; Luke 9:58. Text and music © 2012, Ben Walther.
Published by Spirit & Song®, a division of OCP. All rights reserved.

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 through 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 - *Amazing Grace* (CP 352)

1. 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.
2. 'Twas grace that taught my heart to fear, and
grace my fears relieved; How precious did that
grace appear the hour I first believed!
3. The Lord has promised good to me, His
word my hope secures; He will my shield and
portion be as long as life endures.
4. Though many dangers, toils and snares I
have already come; 'tis grace that brought
me safe thus far, and grace will lead me home.
5. 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.

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

All Thanks be to God.

Acknowledgements

1. *Confession and Absolution from Enriching Our Worship 1* © 1998 The Church Pension Fund
Published by Church Publishing Incorporated, New York
2. Material on these pages is copyright The Archbishops' Council of the Church of England:
Copyright 1985 by the General Synod of the Anglican Church of Canada

Rector: The Reverend Philip Cochrane

Deacon: The Reverend Patricia Ratcliffe

Honorary: The Reverend Carla McGhie

Music Director: Emilia Boronco

Wardens & Trustees: Lei De Santis (w), Rick Barr (w),

Heather Esposito (w), Anne Dennis, Susanne Stockdill

St. Laurence Kids: *presently vacant*

Treasurer: *presently vacant*

Envelope Secretary: Erin Barr

Privacy Officer: Allison Walker

Operations Manager: Curt Bruniski

Office Hours:

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

Monday - Friday

www.saintlaurence.ca ▪ 604-936-5423 ▪ office@saintlaurence.ca

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.



Maundy Thursday Soup Supper

Volunteers Needed: Soup Makers and
Clean up Crew!

We are looking for volunteers to contribute a large pot of soup to share at our annual Maundy Thursday supper on

April 2nd at 5:30pm.

Please bring the soup in a large pot ready to serve and include the type of soup and your name.

There will be a sign up sheet posted by the coffee table in the hall after the 10:30 service today.

We are also looking for clean up volunteers. If you are able to help, please indicate on the sign up sheet. Thank you.

Senior Men's Lunch

Next date: Thursday, March 19, 2026

11:30 - 1:00 pm

The senior men meet once a month at

Ricky's Country Restaurant,

100 Schoolhouse Street

for good food and conversation.



In order for the restaurant to know how many to expect for the lunch, please contact Bruce Middleton, or the church office @ 604-936-5423 or office@saintlaurence.ca if you are planning on attending.



Phoenix Friends
Tuesday, March 17, 2025
1:30 - 3:00 pm
at St. Laurence Church

ALL WOMEN are welcome.

Come join us for a fun and meaningful time of fellowship and friendship.

Lenten Morning Prayer



Weekdays | 8:00 AM
Live on YouTube and Facebook



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.

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.

Blanket Exercise Workshop

Cecelia Reekie is a proud member of the Haisla First Nation. She believes deeply in the power of personal storytelling to raise awareness and foster understanding of Indigenous cultures and the history of Indigenous Peoples in Canada. Speaking from the heart, Cecelia thoughtfully weaves together her diverse life experiences to create meaningful and engaging cultural workshops. She currently serves as a Cultural Presenter with the Langley School District, where she shares her knowledge and perspectives with students, educators, and the wider community.

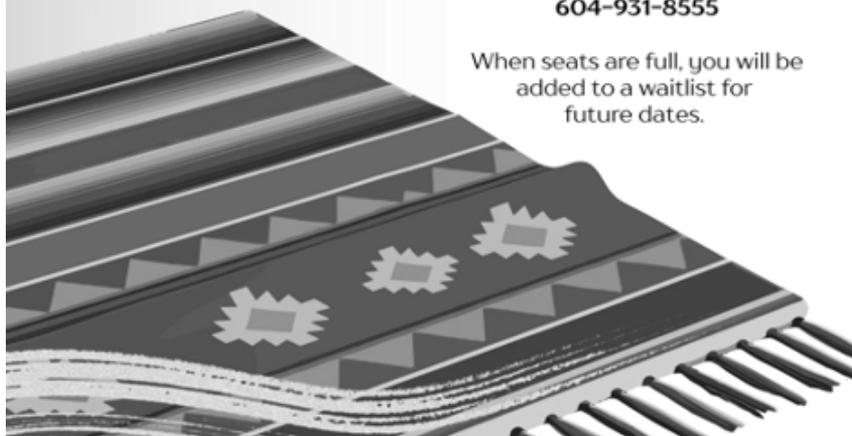
Join us for this special **Blanket Exercise Workshop** with facilitator, **Cecelia Reekie**.

Como Lake United Church
535 Marmont Street, Coquitlam

May 3, 2026 at 1 pm
\$10 Registration Fee to
finance@comolakeunited.ca
(For fee assist please contact us)

Seating is limited so please
RSVP as soon as possible.
office@comolakeunited.ca
604-931-8555

When seats are full, you will be
added to a waitlist for
future dates.



*We adore You, O Christ, and we praise You, because
by Your Holy Cross You have redeemed the world*

HOLY WEEK

AT ST LAURENCE

Morning Prayer 8 AM (Mon to Fri)
via YouTube and Facebook

Palm Sunday (March 29):
9 AM • 10.30 AM *(with palm procession
starting in the Parish Hall)*

Maundy Thursday (April 2):
6 PM Soup Supper • 7 PM *(with foot washing)*

Good Friday (April 3):
Noon *(All age reflections at the Cross)*

Easter Sunday (April 5):
9 AM • 10.30 AM

St Laurence Anglican Church
825 St Laurence St, Coquitlam
www.saintlaurence.ca