

# Saint Andrew's United Church

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*We are called to be the united church. Mission is our home. We foster belonging; provide spiritual accompaniment; and ask the deep questions.*

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**The Fifth Sunday in Lent**

**March 22<sup>nd</sup>, 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**

### **PRAYER FOR CLEARING OUT**

Creator God, we push and push until we are exhausted.

**Let us make room for you.**

Release us from the illusion of the control of time and our fear of its passage.

**Let us *find* room for you.**

Help us clear out the incessant drive to always produce.

**Let us *be* room for you.**

In the name of Jesus, who invites us into wholeness.

**Amen.**

**TERRITORY ACKNOWLEDGMENT:**

*We worship on the unceded territory of the Halq'eméylem-speaking peoples.*

**CANDLE LIGHTING:**

**++HYMN:** “Turn, Turn, Turn”

**++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**

**RECONNECTING (SCRIPTURE):** **Reader: Nancy Mawson**  
Ecclesiastes 3:1-13

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**FOCUSING ON THE MAIN THING (SERMON)**

**HYMN:** VU 581 – “When We Are Living”

## **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 703- "In the Bulb There is a Flower"

### **BLESSING**

**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**



*St. Andrew's is a member  
of Affirming United*

