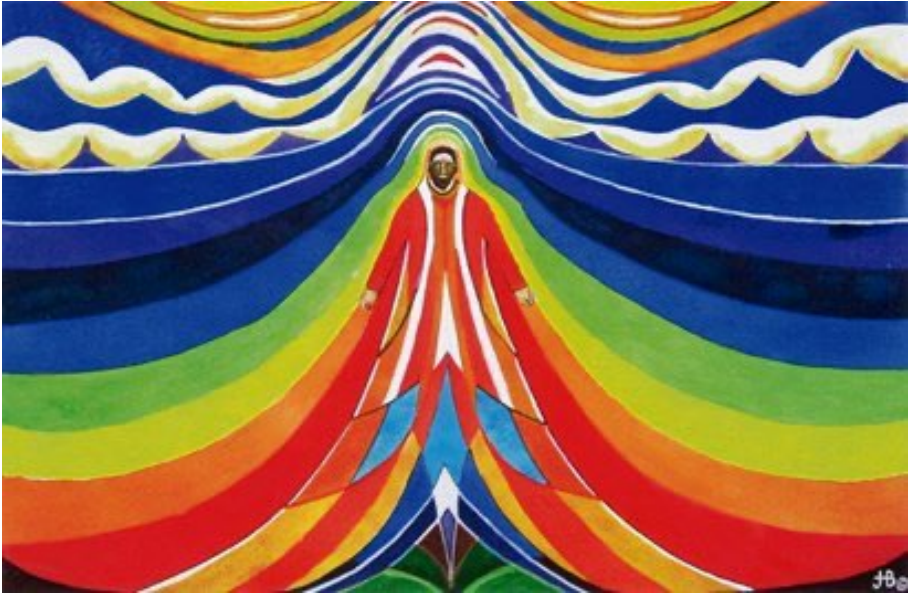


ASCENSION OF THE LORD



May 17, 2026
10:30 am

“New life starts in the dark. Whether it is a seed in the ground,
a baby in the womb, or Jesus in the tomb, it starts in the dark.”

Barbara Brown Taylor — Learning to Walk in the Dark, ch. 6 (HarperOne, 2014)

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.

The Presider welcomes the congregation

Invitation to Silence

Presider Let us be still.

A brief silence is kept

Welcome & Introduction

Presider St Laurence Anglican Church is located on the traditional, ancestral, and unceded lands of the kwikwəłəm (Kwkwetlem) First Nation, shared historically with the q̓icəy̓ (Katzie) and other Coast Salish Peoples.

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

Opening Acclamation

Presider Jesus is risen, Alleluia!

All: Jesus is risen and reigns forever, Alleluia!

Presider: He has gone before us into heaven.

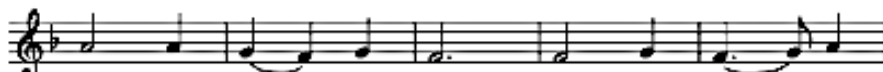
All: And we are his hands and feet on earth!

Presider God is here,
in our gathering, in our questions,
in our singing and our silence.
In the ordinary and in the awe-filled,
God meets us with love.
Let us be ready to listen and worship.

Gathering Hymn - *Alleluia! Sing to Jesus* (OCP 58)



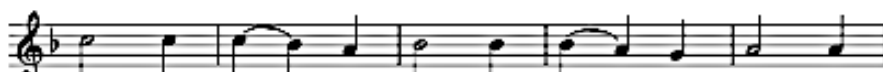
1. Al - le - lu - ia! sing to Je - sus! His the
 2. Al - le - lu - ia! not as or - phans Are we
 3. Al - le - lu - ia! Bread of An - gels, Here on
 4. Al - le - lu - ia! King e - ter - nal, You the
 5. Al - le - lu - ia! Al - le - lu - ia! Glo - ry



1. scep - ter, his the throne; Al - le - lu - ia!
 2. left in sor - row now; Al - le - lu - ia!
 3. earth our food, our stay! Al - le - lu - ia!
 4. Lord of lords we own; Al - le - lu - ia!
 5. be to God on high; Al - le - lu - ia



1. his the tri - umph, His the vic - to - ry a - lone;
 2. he is near us, Faith be - lieves, nor ques - tions how:
 3. here the sin - ful Flee to you from day to day:
 4. born of Ma - ry, Earth your foot - stool, heav'n your throne:
 5. to the Sav - ior Who has won the vic - to - ry;



1. Hark! the songs of peace - ful Zi - on Thun - der
 2. Though the cloud from sight re - ceived him, When the
 3. In - ter - ces - sor, friend of sin - ners, Earth's re -
 4. You with - in the veil have en - tered, Robed in
 5. Al - le - lu - ia to the Spir - it, Font of



1. like a might - y flood; Je - sus out of ev - 'ry
 2. for - ty days were o'er, Shall our hearts for - get his
 3. deem - er, plead for me, Where the songs of all the
 4. flesh, our great high priest; Here on earth both priest and
 5. love and sanc - ti - ty; Al - le - lu - ial Al - le -



1. na - tion Has re - deemed us by his blood.
 2. prom - ise? "I am with you ev - er - more!"
 3. sin - less Sweep a - cross the crys - tal sea.
 4. vic - tim In the Eu - cha - ris - tic feast.
 5. lu - ia! To the tri - une maj - es - ty.

Text: 87 87 D; based on Revelation 5:9-14; William C. Dix, 1837-1898, and Compilers.
 Music: Rowland H. Prichard, 1811-1887.

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

Presider Let us pray.
Holy One,
**All you know the depths of our hearts,
our joys, our struggles, and our hopes.
By the power of your Spirit,
renew our love and transform us
in the light of your ascension.
We pray in the name of Jesus,
who lives and reigns with you,
now and forever. Amen.**

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

Presider God of the ascended Christ,
you do not leave us gazing upward
but send us outward:
fill us with joy,
clothe us with power,
and make us witnesses
to the ends of the earth; through Jesus Christ,
who reigns with you in glory. **Amen.**

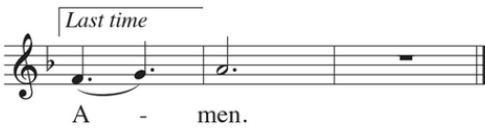
Gathering of Children

Elementary aged 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. For pre-schoolers we have a dedicated nursery space. 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.**

Gloria - Glory to God - Mass of St. Ann

Refrain



1. We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory, Lord God,
heavenly King,
O God, almighty Father. **Refrain**
2. Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us. **Refrain**
3. For you alone are the Holy One,
you alone are the Lord, you alone are the Most High,
Jesus Christ, with the Holy Spirit, in the glory of God
the Father. **Refrain**

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.

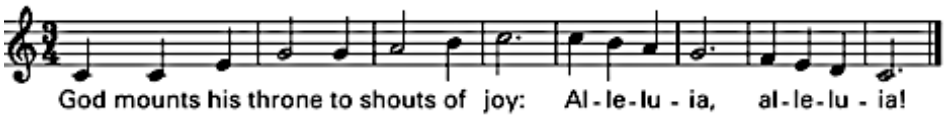
All **Our hearts and minds are open**

First Reading - *Acts 1:1-11*

Reader Hear what the Spirit is saying to the church

All **Thanks be to God.**

Psalm - *Psalm 47 - God Mounts His Throne*



1. All peoples, clap your hands,
cry to God with shouts of joy!
For the Lord Most High we must fear,
great King over all the earth.
2. God goes up with shouts of joy;
the Lord goes up with trumpet blast.
Sing praise for God, sing praise for God,
sing praise to our King.
3. God is King of all the earth.
Sing praise with all your skill.
God is King over the nations;
he reigns on his holy throne.

Text: Psalm 47:6, 2-3, 6-9. Verses text © 1963, The Grail (England). All rights reserved.
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Second Reading - *Ephesians 1:15-23*

Reader Hear what the Spirit is saying to the church

All **Thanks be to God.**

Please stand as you are able for the Gospel Reading

Gospel Acclamation

Affirming Our Faith

Presider With the Church in every time and place,
and with all whose faith is still finding its voice,
let us affirm our faith.

**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 ascended Christ welcomes us with mercy.
Here we can be honest.
Let us confess our sins to God.

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.

Sharing of the Peace

Presider The peace of 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 - Come, O God of All the Earth (CP 589)



1. Come, O God of all the earth: Come to us, O
 2. Come, O God of wind and flame: Fill the earth with
 3. Come, O God of flash-ing light: Twin- kling star and
 4. Come, O God of snow and rain: Show- er down up -
 5. Come, O Jus - tice, Come, O Peace: Come and shape our

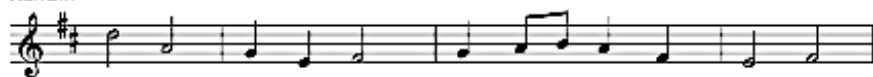


Right - eous One; Come, and bring our love to birth:
 right - eous - ness; Teach us all to sing your name:
 burn - ing sun; God of day and God of night:
 on the earth; Come, O God of joy and pain:
 hearts a - new; Come and make op - pres - sion cease:



In the glo - ry of your Son.
 May our lives your love con - fess.
 In your light we all are one.
 God of sor - row, God of mirth.
 Bring us all to life in you.

Refrain



Sing out, earth and skies! Sing of the God who loves you!



Raise your joy-ful cries! Dance to the life a - round you!

Text: Marty Haugen, b.1950
 Tune: SING OUT, 7777 with refrain; Marty Haugen, b.1950
 © 1985, GIA Publications, Inc.

Prayer over the Gifts

Presider Ascended Christ,
you bless what we offer and transform what we bring.
Receive these gifts, and with them, our lives,
that your church may rise with joy
to proclaim good news to all the earth. **Amen.**

Celebration of our Sacred Meal

The Great Thanksgiving

Presider God is with you.

All And also with you.

Presider Lift up your hearts.

All We lift them up to God.

Presider Let us give thanks to God our Creator.

All We give our thanks and praise.

Presider Creator, you made our world beautiful 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.

And so, with all creation and all the company of heaven,
we sing your praise:

Sanctus - Holy - Mass of St. Ann

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

Text: ICEL, © 2010 Music: Mass of Saint Ann, Ed Bolduc, © 2011, World Library Publications, a division of GIA Publications, Inc.

Presider Glory and honour are yours, Creator of all,
your Word has never been silent.
Of your grace, you sent Jesus to be human, to share our life,
to proclaim the coming of your holy reign,
and to give himself for us.

Through Jesus Christ, you have reconciled us to you
and 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.”*

Memorial Acclamation



When we eat this Bread and drink this Cup,
we pro-claim your Death, O Lord, un-til you come a -
gain, un-til you come a - gain.

Text: ICEL, © 2010 Music: Mass of Saint Ann, Ed Bolduc, © 2011, World Library Publications, a division of GIA Publications, Inc.

Presider 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.

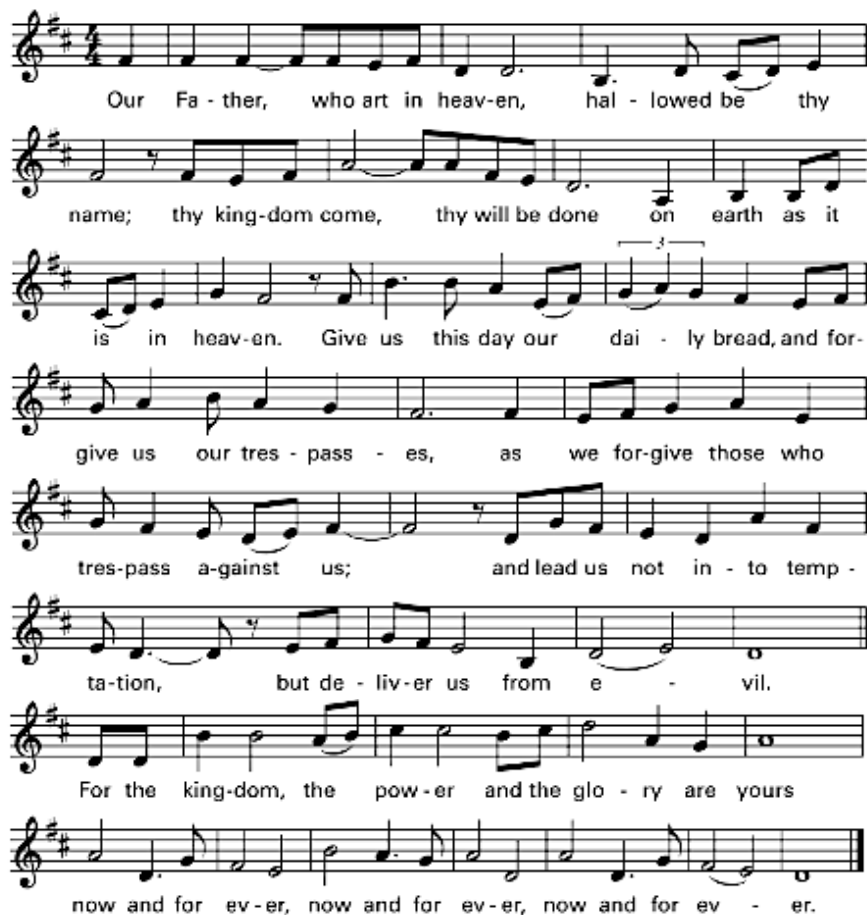
Send your Holy Spirit upon us and upon these gifts,
so that we who share this bread and wine
may be a people of hope, justice and love.

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.

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.

Music © 2007, 2009, Ricky Manalo, CSP. Published by OCP. All rights reserved.

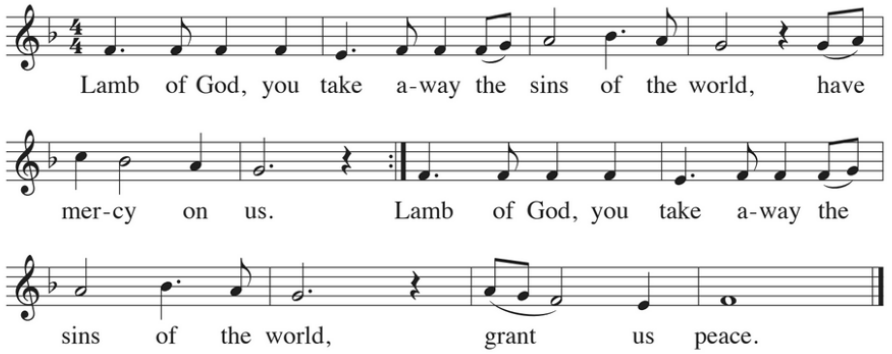
The Breaking of the Bread

The celebrant breaks the consecrated bread.

Presider The ascended Christ is not far off,
He is here, made known in the breaking of the bread.

All **Thanks be to God.**

Lamb of God



Lamb of God, you take away the sins of the world, have
mer-cy on us. Lamb of God, you take away the
sins of the world, grant us peace.

Music: Mass of Saint Ann, Ed Bolduc, © 1992, 2011, World Library Publications, a division of GIA Publications, Inc.

The Invitation

Presider Christ invites us to this table.
This is not a table set for the worthy, but for the hungry.
Come, receive what God gives.

The gifts of God for the people of God.

All **Thanks be to God.**

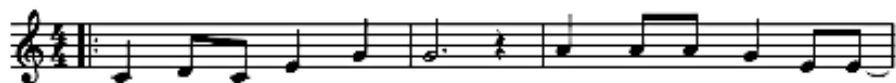
The Distribution

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 - *One Sacrifice of Christ* (OCP 411)



1. One sac - ri - fice of Christ, one throne a - bove the heav -
 2. One gaze we lift a - bove, where Love was drawn to heav -
 3. One ban - quet rich - ly set for all God's ho - ly peo -



1. - ens. Christ has ris - en as he said, and will
 2. - en. We stand watch - ful through the night for our
 3. - ple. We will dine in joy and peace, and our



1. come to wake the dead. Christ will re - turn to set us free.
 2. King to come in light, heirs to the glo - ry of the Lamb.
 3. song will nev - er cease, prais - ing the Lamb up - on the throne.



1. One sac - ri - fice of love, one mes - sage for the na - tions:
 2. One might - y Word of truth: Christ did a - rise in tri - umph.
 3. One shout of joy we raise, one voice in ex - al - ta - tion.



1. Je - sus suf - fered, died and rose, and as - cend - ed to the
 2. Now he sits up - on the throne; God's right hand is he a -
 3. For in glo - ry Christ has gone, and in hope we now are



1. throne. Christ will re - turn to save the world.
 2. lone. Christ reigns in splen - dor o - ver all.
 3. drawn to



3. one sac - ri - fice of Christ, one sac - ri - fice of Christ.

Communion Hymn - *To Live With Him Forever* (OCP 576)



1. We are the wheat, we are the bread; our lives we
2. From wood and thorn the call comes forth to join in
3. And to the throne of grace we run for help and



1. bring as of - fer - ing. And as the grain, we're crushed by trials yet
2. his own suf - fer - ing. And as the Spir - it on us falls we
3. time - ly com - fort, with faith that he will not re - ject the



1. bound by heal - ing wa - ter. The fruit of vine, the work of
2. share his glo - rious ris - ing. We taste of his true bod - y
3. flock his heart has pur - chased. From his pierced side pours forth the



1. hands, the cup of love's en - deav - or: we place be - fore the
2. now, we drink his blood sur - ren - dered for us with mer - cy
3. sign that he shall leave us nev - er. And at the end of



1. Son of Man to live with him for - ev - er.
2. un - re - served to live with him for - ev - er.
3. this veiled life we'll live with him for - ev - er.

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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 Living Christ,

**All you have fed us with the bread of heaven
and renewed us for your work on earth.
Keep us ever united with you and with one another,
that we may live as your body
- risen, radiant, and ready
to serve your world with hope. 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

Blessing

Presider May the God of glory draw you upward into joy.
May Christ, ascended and reigning, hold you in grace.
May the Spirit, poured out in power,
send you forth in peace.
And the blessing of the holy and undivided Trinity -
One who is Love - be among you,
and remain with you always. **Amen.**

Closing Hymn - He Came Down (CP 368)

1 He came down that we may have love; he
 2 He came down that we may have peace; he
 3 He came down that we may have joy; he

came down that we may have love; he came down that we may
 came down that we may have peace; he came down that we may
 came down that we may have joy; he came down that we may

Leader St. 1-2

Why did he come?
Last time

have love, hal - le - lu - jah for ev - er - more.
 have peace, hal - le - lu - jah for ev - er - more.
 have joy, hal - le - lu - jah for ev - er - more.

Melody: African - John L. Bell. Arr. copyright 1990 - The Iona Community

Minister The way of life is open.
 Go in the peace of the risen Christ. Alleluia, alleluia.
 All **Thanks be to God. Alleluia, alleluia.**

*The flowers at the Altar have been given by
Susan Burkett, in celebration of her
5 Awesome Grandkids!*



Acknowledgements

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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 Service - 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.

The Walking the Path to Reconciliation Book Study

is now open for registration.

Every Monday evening from 7:30 to 9 pm

Starting May 25 and ending June 29. In person at Saint Laurence.

We will be discussing 'ALLY IS A VERB - A Guide to Reconciliation with Indigenous People' by Rose LeMay.

The book is available for purchase for \$21 or can be borrowed for the duration of the book study. Payment via cash, e-transfer, cheque or credit card. It is also available from the library and local bookstores.

Please contact Curt in the Church office to register.



Phoenix Friends

Tuesday, May 19, 2026

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.

Senior Men's Lunch

Next date: Thursday, May 21, 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.

Quality Fair Fundraising Project

Tony Esposito is heading up a project to help raise funds at the "Quality Fair", which will be held this November.

The plan is to invite local stores, restaurants, and merchants to donate gifts, services, or certificates that can be sold at the fair to support this fundraising effort.

Tony is looking for one or two people who would be willing to drive him to various locations to deliver donation request letters during May and June.

If you feel you could assist in this way, or would like more information, please speak to Tony after church or contact the church office.



St. Laurence 
**BIG
BOOK
SALE** AND PLANTS!



Saturday, May 23rd 10:00 AM - 1:00 PM
825 St. Laurence Street, Coquitlam
Hundreds of current titles to choose from!

Come browse a great selection of books and stock up for your summer reading!

We are also looking for gardeners who would like to contribute cuttings or small plants to sell alongside the books.

If you are able to help out at the book sale or have plants to contribute, please let the office know.

The Rector's Rounds — Summer 2026

Over July and August, Philip is hitting the road. The plan is simple: parishioners host a small gathering in their home, whether that is a potluck dinner, a morning coffee, or an afternoon tea, and Philip turns up. No agenda, no presentations, no minutes. Just good company, good food, and time together.

We are looking for hosts who can welcome five or more guests. If you would be willing to open your home, please sign up at the back of the church and let us know:

- Your name and contact details
- Your area (e.g. Coquitlam, Port Coquitlam, Port Moody, Burnaby, New Westminster)
- Your preferred day of the week (Tuesday, Wednesday, or Thursday)
- Morning, afternoon, or evening

Once we have our hosts lined up, we will open sign-ups for guests and be in touch with dates and details.

Two gatherings a week, all summer long.
Come and be part of it.

mission CONFERENCE

2026

Moving in Mission, Guided by Spirit

FRIDAY
MAY 29

7:30pm

CHRIST CHURCH CATHEDRAL
690 BURRARD STREET

*Sing
Without
Ceasing*

CHOIR FESTIVAL

SATURDAY
MAY 30

8:30am - 4pm

DIOCESAN SYNOD OFFICE
1410 NANTON AVENUE

*Mission
Conference*



Keynote Speaker
Bishop
Michael Curry

SUNDAY
MAY 31

10:30am

CHRIST CHURCH CATHEDRAL
690 BURRARD STREET

*Choral
Eucharist*

For more information
EMAIL info@vancouver.anglican.ca
PHONE 604 684 6306



Diocese of New Westminster
ANGLICAN CHURCH OF CANADA

If you are interested in attending the Saturday Conference on behalf of St. Laurence, please let the office know.