



**Sunday July 5 2026
Trinity Anglican Church
10am Morning Prayer**

Welcome to Trinity! Thank you for joining us this morning.

*To help us save paper: download this worship booklet on your phone,
www.trinityottawa.ca/booklets Our wifi is Trinity Church, password 1230BankStreet.*

To participate online, here are the links:

By Zoom: <https://us02web.zoom.us/j/87608313656?pwd=WHZ5Z1lqcjdSa1dHLzhrVHQrdUpzUT09>

Facebook: <https://www.facebook.com/trinityanglicanottawa>

If you are here in person, you are welcome to place your donation in the offering plate at the back of the church. You may also make donations to Trinity by etransfer to treasurer@trinityottawa.ca or by giving online at <https://www.trinityottawa.ca/give>. Please provide us with your contact information so that we can provide you with a tax receipt. Thank you!

At certain points in the service we will suggest standing or sitting. At any time, please feel free to take the posture (standing, sitting, kneeling) which is right for you.

Thank you to Paul Mugarura for leading our worship this morning.

Prelude: Kommst du nun, Jesu, vom Himmel herunter BWV 650 by J.S. Bach (1685-1750)

We Gather as a Community

Welcome and Territorial Acknowledgment

As we gather, we acknowledge that Ottawa stands on the unceded traditional territory of the Algonquin Anishinabeg people.

May we dwell on this land with gratitude and respect.



ANGLICAN CHURCH

Greeting

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

And also with you.

Opening Hymn : #354 Come, Thou Fount of Every Blessing

Nettleton

Opening Prayers

Almighty God,

**to you all hearts are open, all desires known,
and from you no secrets are hidden.**

**Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit,
that we may perfectly love you, and worthily magnify your holy name;
through Christ our Lord. Amen**

The Collect

Let us pray.

We pray silently

Almighty God,

**your Son Jesus Christ has taught us
that what we do for the least of your children
we do also for him.**

**Give us the will to serve others
as he was the servant of all,
who gave up his life and died for us,
but lives and reigns with you and the Holy Spirit,
one God, now and for ever. Amen.**

We Proclaim the Word

The First Reading: Genesis 24:34-38, 42-49, 58-67

So he said, "I am Abraham's servant. The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. And Sarah my master's wife bore a son to my master when she was old, and he has given him all that he has. My master made me swear, saying, 'You shall not take a wife for my son from the daughters of the Canaanites in whose land I live, but you shall go to

my father's house, to my kindred, and get a wife for my son.'

"I came today to the spring and said, 'O Lord, God of my master Abraham, if now you will only make successful the way I am going! I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, "Please give me a little water from your jar to drink," and who will say to me, "Drink, and I will draw for your camels also"—let her be the woman whom the Lord has appointed for my master's son.'

"Before I had finished speaking in my heart, there was Rebekah coming out with her water jar on her shoulder, and she went down to the spring and drew. I said to her, 'Please let me drink.' She quickly let down her jar from her shoulder and said, 'Drink, and I will also water your camels.' So I drank, and she also watered the camels. Then I asked her, 'Whose daughter are you?' She said, 'The daughter of Bethuel, Nahor's son, whom Milcah bore to him.' So I put the ring on her nose and the bracelets on her arms. Then I bowed my head and worshiped the Lord and blessed the Lord, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master's kinsman for his son. Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left."

And they called Rebekah and said to her, "Will you go with this man?" She said, "I will." So they sent away their sister Rebekah and her nurse along with Abraham's servant and his men. And they blessed Rebekah and said to her,

"May you, our sister, become
thousands of myriads;
may your offspring gain possession
of the gates of their foes."

Then Rebekah and her maids rose up, mounted the camels, and followed the man, and the servant took Rebekah and went his way.

Now Isaac had come from Beer-lahai-roi and was settled in the Negeb. Isaac went out in the evening to walk in the field, and, looking up, he saw camels coming. And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel and said to the servant, "Who is the man over there, walking in the field to meet us?" The servant said, "It is my master." So she took her veil and covered herself. And the servant told Isaac all the things that he had done. Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife, and he loved her. So Isaac was comforted after his mother's death.

Hear what the Spirit is saying to the Church
Thanks be to God

Psalm 45:10-17

10 Hear, O daughter; consider and listen closely;
forget your people and your father's house.

11 The king will have pleasure in your beauty;
he is your master; therefore do him honour.

12 The people of Tyre are here with a gift;
the rich among the people seek your favour."

13 All glorious is the princess as she enters;
her gown is cloth-of-gold.

14 In embroidered apparel she is brought to her sovereign;
after her the bridesmaids follow in procession.

15 With joy and gladness they are brought,
and enter into the royal palace.

16 "In place of fathers, O king, you shall have sons;
you shall make them princes over all the earth.

17 I will make your name to be remembered from one generation to another;
therefore nations will praise you for ever and ever."

The Second Reading: Romans 7:15-25a

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I who do it but sin that dwells within me. For I know that the good does not dwell within me, that is, in my flesh. For the desire to do the good lies close at hand, but not the ability. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I who do it but sin that dwells within me.

So I find it to be a law that, when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched person that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

Hear what the Spirit is saying to the Church
Thanks be to God

The Gospel (Matthew 11:16-19, 25-30)

Celebrant: The Lord be with you.

People: And also with you.

Celebrant: The Holy Gospel of our Lord Jesus Christ according to Matthew

People: Glory to you, Lord Jesus Christ



“But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

‘We played the flute for you, and you did not dance;
we wailed, and you did not mourn.’

“For John came neither eating nor drinking, and they say, ‘He has a demon’; the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”

At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

“Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Celebrant: The Gospel of Christ.

People: Praise to you, Lord Jesus Christ.

Homily – Paul Mugarura

Open Space

A time of prayer, reflection and conversation

The Apostles Creed

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 power of the Holy Spirit
and born of the Virgin Mary.

He suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead.

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

We Pray and Give Thanks

The Prayers of the People

Merciful One, you know us completely. We have not lived up to what we can do or who we can be. Despite our good intentions, our words and actions cause harm. When we want to follow you more closely, we end up turning away. We are at war with ourselves, and only you can bring peace. Give rest to our souls, order our steps, and as we share your yoke, gently guide us back to your way.

(Short Silence)

Lord, in your mercy: **Hear our prayer**

Faithful One, we pray for all who serve the Church in your name, especially Kathryn, our Bishop; Anne, our Metropolitan; and Shane, our Primate. Guide and inspire all who serve you at Trinity on Sundays and during the week. We ask your blessing upon Fabien and the choir as they lead Evensong at Holy Trinity, Lascelles in July, and we thank you for their dedication and faithful service here.

(Short Silence)

Lord, in your mercy: **Hear our prayer**

Almighty One, we ask that you renew our country. Give to all who hold office and authority the wisdom, competence, and humility to know and to do what is right. May they work with integrity to serve the common good. Raise up civil servants and citizens to organize, petition, and bring justice and provision to those who suffer and are in need.

(Short Silence)

Lord, in your mercy: **Hear our prayer**

Compassionate One, we lift to you our brothers and sisters who are weary and weighed down by heavy burdens. Use us to offer hope where there is despair, light where there is shadow, and love where there is brokenness.

(Short Silence)

Lord, in your mercy: **Hear our prayer**

In our own community, we pray for Alex, Margo, Cloe, Keith, Les, Ilse, Erika, Mary, Rob, Doris, Chris, Cynthia and Marianne, and others whom we name silently in our hearts.

(Short Silence)

Lord, in your mercy: **Hear our prayer**

Sheltering One, for those who will travel this summer by water, land, or air, we pray for journeying mercies. May they arrive safely at their destinations, and return refreshed and energized to their homes and workplaces.

(Short Silence)

Lord, in your mercy: **Hear our prayer**

Eternal One, make us captives of Hope, so that we may always persist in knowing you and following what you have revealed to us through Jesus. Free us from the deeds of death and show us the way to abundant life. Thank you for bringing us safely to this day, and send us forth in peace to courageously love one another and the world you created. **Amen.**

Confession and Absolution

Confession lets us set down the heavy things we carry with us, putting us in right relationship with God and with one another.

Silence

For all that separates our hearts from God and all that closes our eyes to God's love:
Jesus, forgive us. Create in us clean hearts, O God, and renew a right spirit within us.

For what we have done, left undone, and what has been done on our behalf:
Jesus, forgive us. Create in us clean hearts, O God, and renew a right spirit within us.

For the pride that prevents us from forgiving others, as we have been forgiven:
Jesus, forgive us. Create in us clean hearts, O God, and renew a right spirit within us.

The Lord enrich you with grace, and nourish you with many blessings; the Lord defend you in trouble and keep you from all evil; the Lord accept your prayers, and absolve you from your offences, for the sake of Jesus Christ, our Saviour. **Amen.**

The Peace

One The peace of the Lord be always with you.

All **And also with you.**

Offertory Hymn: #561 Lord Your Word Shall Guide Us

Ravenshaw

Prayer of Thanksgiving

Accept, O Lord, our thanks and praise
for all you have done for us.

**We thank you for the splendour of the whole creation,
for the beauty of this world, for the wonder of life,
and for the mystery of love.**

**We thank you for the blessing of family and friends,
and for the loving care
which surrounds us on every side.**

**We thank you for setting us tasks
which demand our best efforts,
and for leading us to accomplishments
which satisfy and delight us.**

**We thank you also for those disappointments and failures
that lead us to acknowledge our dependence on you alone.
Above all, we thank you for your Son Jesus Christ;
for the truth of his word and the example of his life;
for his steadfast obedience,
by which he overcame temptation;
for his dying, through which he overcame death;
for his rising to life again,
in which we are raised to the life of your kingdom.
Grant us the gift of your Spirit,
that we may know Christ and make him known;
and through him, at all times and in all places,
may give thanks to you in all things. Amen.**

The Lord's Prayer

(please use the words and language of your choice)

Gathering our prayers and praises into one,
let us pray as our Saviour taught us,
**Our Father in heaven, hallowed be your name,
your kingdom come, 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.**

We Are Sent

Let us pray

(we pray silently)

O God,
**may we who have shared in holy things
never fail to serve you in your world,
and so come to the fullness of joy,**

in the name of Jesus Christ our Lord. Amen.

Glory to God,
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

Closing Hymn: #508 I Heard the Voice of Jesus Say

Kingsfold

Go in peace, to love and serve the Lord.
Thanks be to God.

Postlude: Preludium in g minor BuxWV149 by Dietrich Buxtehude (1637-1707)

Next Sunday, July 12, will be a service of Morning Prayer at 10am. The readings for July 12: Genesis 25:19-34; Psalm 119:105-112; Romans 8:1-11; Matthew 13:1-9, 18-23

Announcements:

Young Families Potluck - Tuesday July 7 at 5:30pm

Join us in the Canterbury room for our monthly Young Families and Young Adult Potluck on Tuesday July 7 at 5:30pm! Please add your name and what you're bringing to the sign-up sheet.

YA Genesis Study with Rev Canon Kevin Flynn - Wednesdays at 7pm

Join Trinity Young Adults for four action-packed sessions on the major themes of Genesis with Rev. Canon Kevin Flynn in July. We will meet in the Trinity Sanctuary at 7pm on Wednesday July 8, 15, 22, and 29 to discuss Creation, the Abraham cycle, Jacob cycle, and Joseph cycle.

Trinity House Applications 2026-2027

Trinity House is an Intentional Christian Community for Students and Young Adults in Ottawa. Applications to live at Trinity House for 2026-2027 are now open. Additional information and the online application can be found here: <https://www.trinityottawa.ca/pages/trinity-house>
Trinity House is located in the beautiful neighbourhood of Old Ottawa South, at 5 Harvard Avenue, Ottawa. It is located near Carleton University, University of Ottawa, and St. Paul University.

Trinity Student Internships 2026-2027.

Applications are now open! Trinity Anglican Church is offering Student Internships for the 2026-2027 academic year to students and recent graduates looking to grow in faith and leadership. Interns will gain hands-on experience in student ministry, event planning, communications, and leadership development, with faith formation and leadership sessions throughout the year. A commitment to being an active and visible member of our Trinity community is required. Interns will receive a \$1,000 honorarium per semester for their participation. To apply, please contact office@trinityottawa.ca.

Wednesdays 7pm Bible Study, at Trinity House. Led by YA Coordinator Rebecca. RSVP with Rebecca via email (rebecca.cowal@trinityottawa.ca) or on our Discord channel.

Food Bank Collection

Next Sunday, July 12th, is our Food Bank Collection. The following items have been requested: peanut butter, canned tuna, salmon, meat and stews, canned vegetables and soups and beans, cereals, pasta, toothpaste and tooth brushes. Let's fill the bins to the top! The need is great.

Summer Contact for Pastoral Care

Our Pastoral Care team remains fully active throughout the summer months. For visits, prayer requests or spiritual support, please contact Daphne Thomas. email: daphnejthomas1@gmail.com

Mark Your Calendars:

Mid-Week at Trinity:

Monday Prayer Group, will resume in the fall.

Tuesdays 11.30am Bible Study at the Carleton U Spirituality Centre. Resumes in September.

Wednesday 12 noon Bible Study on Zoom. Contact Judy judy.richardson@trinityottawa.ca. Resumes in September

Wednesday 7.00pm YA Bible Study. At Trinity House, 5 Harvard Avenue beside the church, contact rebecca.cowal@trinityottawa.ca

Thursday 7pm Bible Study. Contact Paul paulomugarura@gmail.com.

Thursday 7:30pm Choir rehearsal Contact Fabien Tousignant fabien.tousignant@trinityottawa.ca



ANGLICAN CHURCH

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