

All Saints' Anglican Church, Westboro  
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## All Saints' Westboro



*Juvenile Mallards at Mud Lake  
Photo by Christopher Dunn*

### **Thirteenth Sunday after Pentecost**

**August 22<sup>nd</sup>, 2021**

**9:30 am**

**In-person service that will also  
be broadcast (on Zoom) and recorded**

The Ven. Christopher Dunn  
The Rev. Deacon Dr. Jarrett Carty  
Music: Edith Troup  
Children and Youth: Julie Newlands

*Please Note: This service is being broadcast on Zoom and recorded; if you attend in-person you may appear on camera and the recording.*

Officiant: Dear friends, as we gather we acknowledge with gratitude the land that has been inhabited and cared for by Indigenous peoples from the beginning, and, in particular, the traditional unceded territory of the Algonquin Anishnaabeg people. We also recognize the contributions that Métis, Inuit, and other Indigenous peoples have made in shaping and strengthening our communities.

**All: May we walk gently together on this land, seeking renewed relationship based on honour, respect, and peace.**

**Opening Hymn: Who Would True Valour See**

*(Words by John Bunyan; tune: Monk's Gate)*

**Congregational singing is allowed but you must keep your mask on.**

**Who would true valour see let them come hither:  
here's one will constant be come wind, come weather.  
There's no discouragement shall make me once relent  
my first avowed intent to be a pilgrim.**

**Who so beset me round with dismal stories  
do but themselves confound: my strength the more is.  
No foes shall stay my might; though I with giants fight,  
but I will have the right to be a pilgrim.**

**Hobgoblin nor foul fiend can daunt my spirit:  
I know I at the end shall life inherit.  
Then, fancies flee away! Fear not what others say;  
I'll labour night and day to be a pilgrim.**

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

**All: And also with you.**

Officiant: We find you when we are at home, loving God.

**All: We find you as we support a family member or care for a sick pet.**

Officiant: We find you when we are at work, loving God.

**All: We find you as we welcome a newcomer and as challenges are faced and overcome.**

Officiant: We find you in our leisure time.

**All: We find you in the joy of meeting new friends and in the insights of fresh learning.**

Officiant: And we find you here in church.

**All: We find you as we sing and pray and as your Word is revealed in scripture.**

Officiant: There are no limits to your loving presence.

**All: There are no limits or boundaries to your love.**

Officiant: Almighty God,

**All: 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.**

Officiant: Offensive God,

**All: refusing our religion of sacrifice and power: find us in our wandering, speak to us the word of life, liberate our violent hearts, and let us abide with you; through Jesus Christ, the holy one of God. Amen.**

### **The First Reading is from Joshua (24:1-2a, 14-18)**

Then Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. And Joshua said to all the people, "Thus says the Lord, the God of Israel: Long ago your ancestors—Terah and his sons Abraham and Nahor—lived beyond the Euphrates and served

other gods . . . . Now therefore revere the Lord, and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the Lord. Now if you are unwilling to serve the Lord, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the Lord.” Then the people answered, “Far be it from us that we should forsake the Lord to serve other gods; for it is the Lord our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; and the Lord drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the Lord, for he is our God.”

Reader: Hear what the Spirit is saying to the church.

**All: Thanks be to God.**

### **Psalm 34:15-22**

One: The eyes of the Lord are upon the righteous,

**All: and the ears of God are open to their cry.**

One: The face of the Lord is against those who do evil,

**All: to root out the remembrance of them from the earth.**

One: The righteous cry, and the Lord hears them

**All: and delivers them from all their troubles.**

One: The Lord is near to the brokenhearted

**All: and will save those whose spirits are crushed.**

One: Many are the troubles of the righteous,

**All: but the Lord will deliver them out of them all.**

One: The Lord will keep safe all their bones;

**All: not one of them shall be broken.**

One: Evil shall slay the wicked,  
**All: and those who hate the righteous will be punished.**

One: O Lord, you redeem the life of your servants,  
**All: and none will be punished who trust in you.**

### **The Second Reading is from Ephesians (6:10-20)**

Finally, be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

Reader: Hear what the Spirit is saying to the church.  
**All: Thanks be to God.**

## Gradual Hymn: One Bread, One Body, One Lord of All #73

Congregational singing is allowed but you must keep your mask on.

### ***Refrain:***

**One Bread, one body, one Lord of all,  
one cup of blessing which we bless—  
and we, though many, throughout the earth,  
we are one body in this one Lord.**

**Gentile or Jew, servant or free,  
woman or man, no more.           *Refrain***

**Many the gifts, many the works,  
one in the Lord of all.           *Refrain***

**Grain for the fields, scattered and grown,  
gathered to one for all.           *Refrain***

Reader: The Lord be with you.

**All: And also with you.**

Reader: The Holy Gospel of our Lord Jesus Christ  
according to John (6:56-69)

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

Jesus said, "Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever." Jesus said these things while he was teaching in the synagogue at Capernaum. When many of his disciples heard it, they said, "This teaching is difficult; who can accept it?" But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe." For Jesus knew from the first who

were the ones that did not believe, and who was the one that would betray him. And Jesus said, “For this reason I have told you that no one can come to me unless it is granted by the Father.” Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, “Do you also wish to go away?” Simon Peter answered him, “Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.”

Reader: The Gospel of Christ.

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

Homily

Officiant: Let us make an affirmation of faith, 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 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.**

Prayers of the People

One: Sisters and brothers, as Christ the Holy One of God offered himself for the life of the world, let us pray for the needs of the world saying, Merciful God,

**All: hear our prayer.**

One: God, we pray for those who lead your church throughout the world. Guide those who order the life of Christian community and who make known the mysteries of the gospel. In our own church, we pray for Linda, our Primate; Anne, our Metropolitan; Mark, our Indigenous Archbishop; Shane, our Bishop; Chris and Jarrett, our clergy; and Brian, pastor of First United. Merciful God,  
**All: hear our prayer.**

One: God, we pray for those who govern the nations and exercise authority in civic life. Give our officials wisdom, compassion, and determination in the pursuit of the common good. Merciful God,  
**All: hear our prayer.**

One: God, we pray for the nations of the world and, in particular, those in which there is war and civil unrest, thinking especially this week of the people of Afghanistan. Save our world from thoughtless waste and our foolish and dangerous exploitation of Earth's abundance. Merciful God,  
**All: hear our prayer.**

One: God, be with those who are suffering in mind, body, or spirit and particularly those who have asked for our prayers. Save those who are in need and strengthen all who minister to them. Today we pray for  
**All: Betty-Joan** (Hagerman); **Cheryl** (McTeer); **Michele** (Pollesel); **Nancy** (Irvine); **Randy** (Brown); **Charlie** (Cuffari); **Barbara** (Hill); **Ernest** (Betancourt); **Tony** (Fisher); **Helen** (Miller); **William** (Blackie); **Brenda** (Fuche); **Irene** (Lowry); **Charlotte** (McWilliam); **June** (Kirch); **Angie** (Hiebert); **Pat** (Broome); **Bobbi** (Winnberg); **Nina** (Fowler)

One: and those whom we name now, silently or aloud. . . . Merciful God,  
**All: hear our prayer.**



One: We pray for those who have died, especially those whom we name silently or aloud, . . . We pray for those who mourn their passing. Merciful God,

**All: hear our prayer.**

One: Merciful God, hear the prayers of your people and grant that what we ask in faith we may receive according to your gracious love, through Jesus Christ our Lord.

**All: Amen.**

Officiant: Dear friends in Christ, God is steadfast in love and infinite in mercy. God welcomes sinners and invites us to the table. Let us confess our sins, confident in God's forgiveness.

*Silence is kept*

Officiant: 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.**

Officiant: 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 Christ our Lord.

**All: Amen.**

Officiant: The peace of the Lord be always with you.

**All: And also with you.**

*When exchanging the Peace with fellow parishioners, please remember that physical contact with those outside your bubble group is not permitted during this Yellow phase. Share a sign of peace with others around you by other means such as bowing or waving.*

**Offertory Hymn: Love is the Law**

**(tune #307)**

*Words by Robin Mann*

**Congregational singing is allowed but you must keep your mask on.**

**The Spring follows winter as sun follows rain;  
with thunder comes lightning, it's always the same.  
The world keeps on rolling through day, month and year;  
the sun needs no telling that daybreak is here.**

**O how I would like to be just like the sun,  
O how I would like to know what must be done.  
It's always a struggle between right and wrong.  
I need you, Lord Jesus, to guide me along.**

**The promise was made through your prophet, that we  
would live by your spirit, that we would be free:  
the laws would be written on paper no more—  
our hearts are the paper, and love is the law.**

**"My Spirit I leave you, although I must go,  
my Spirit I leave you, my peace you will know.  
Just love one another as I have loved you.  
For this I have told you, so this you must do."**

**We thank you, our Father, for freedom to slip,  
for freedom to stumble, for freedom to trip;  
as Christ is our helper, to him I will cling,  
for Love is the song he has taught us to sing.**

**Officiant:** God of glory,

**All:** receive all we offer you this day as a symbol of  
our love, and increase in us that true and  
perfect gift. We ask this in the name of Jesus  
Christ our Lord. Amen.

**Officiant:** The Lord be with you.

**All:** And also with you.

Officiant: Lift up your hearts.

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

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

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

Officiant: We give you thanks and praise, almighty God, through your beloved Son, Jesus Christ, our Saviour and Redeemer. He is your living Word, through whom you have created all things. By the power of the Holy Spirit he took flesh of the Virgin Mary and shared our human nature. He lived and died as one of us, to reconcile us to you, the God of all. In fulfillment of your will he stretched out his hands in suffering, to bring release to those who place their hope in you; and so he won for you a holy people. He chose to bear our griefs and sorrows, and to give up his life on the cross, that he might shatter the chains of evil and death, and banish the darkness of sin and despair. By his resurrection he brings us into the light of your presence. Now with all creation we raise our voices to proclaim the glory of your name.

**All: Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

Officiant: Holy and gracious God, accept our praise, through your Son our Saviour Jesus Christ; who on the night he was handed over to suffering and death, took bread and gave you thanks, saying, "Take, and eat: this is my body which is broken for you." In the same way he took the cup, saying, "This is my blood which is shed for you. When you do this, you do it in memory of me."

Remembering, therefore, his death and resurrection, we offer you this bread and this cup, giving thanks that you have made us worthy to stand in your presence and serve you. We ask you to send your Holy Spirit upon the offering of your holy Church. Gather into one all who share in these sacred mysteries, filling them with the Holy Spirit and confirming their faith in the truth, that together we may praise you and give you glory through your Servant, Jesus Christ. All glory and honour are yours, Father and Son, with the Holy Spirit in the holy Church, now and for ever.

**All: Amen.**

Officiant: And now, as our Saviour Christ has taught us, we sing,

**All: 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.**

Celebrant: Creator of all, you gave us golden fields of wheat, whose many grains we have gathered and made into this one bread.

**People: So may your Church be gathered from the ends of the earth into your kingdom.**

Officiant: The gifts of God for the people of God.

**All: Thanks be to God.**

*Musical Interlude*

*During Communion, please proceed forward in your family group to the altar but leave a social distance between yourself and the person ahead of you. A sidesperson will direct you when to come forward and provide you with hand sanitizer before you receive the host. Please do not remove your mask to take the host until you have been given the host. If you are unable to receive the wheat wafer, a rice wafer is available. While it is fully sufficient to receive in one kind, just the bread, the Common Cup is available for those who wish to receive. **Please Note: Intinction is not allowed.** You will then be invited to use hand sanitizer again in the side aisles after you have put you mask back on.*

Officiant: Living God,

**All: increase in us the healing power of your love. Guide and direct us that we may please you in all things, for the sake of Jesus Christ our Lord. Amen.**

Officiant: 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.**

Officiant: You give us all we need to faithfully serve you, living God.

**All: You give us the truth and the will to continually search for it.**

Officiant: You give us the faithful way and the willingness to follow it.

**All: You give us the good news of peace and the desire to be peacemakers.**

Officiant: You give us the hope of salvation and the resolve to be among those who save.

**All: You give us the Word and the urgent need to share that Word. We are ambassadors for Jesus Christ in this time and place.**

Officiant: And the blessing . . . .

*Announcements*

Officiant: Go in peace to love and serve the Lord.

**All: Thanks be to God.**

*When the service ends, please leave through the Richmond Road doors or back to the Madison Avenue door and maintain safe social distances. When in the Courtyard, please continue to wear a mask and maintain the social distancing if you are speaking with others.*

**Readings for Next Sunday, August 29<sup>th</sup>, 2021**

Deuteronomy 4:1-2, 6-9; Psalm 15;  
James 1:17-27; Mark 7:1-8, 14-15, 21-23

**Sharing in our liturgical ministry today:**

Greeters: Julie and Peter Newlands

Reader: Marcie Taylor

Intercessor: Susan Stewart

Please pray this week for

- all those worshipping and ministering at St. Bartholomew's, Ottawa;
- the new school year, students of all ages, and their teachers and parents;
- those in our pastoral care: Mary Hoth, Hazel Jack, Ed Swettenham, and Sheila Carr; and
- St. Matthias Community Meals.

*Credits:*

*Opening and closing prayers from Responsive Prayers: For Every Week of the Church Year, David Sparks, Year B*

*Collect from Prayers for an Inclusive Church (2009) alt.*

*Readings from the New Revised Standard Version of the Bible.*

*Psalm reprinted from A Liturgical Psalter, General Synod 2016 edition, the psalter of the Book of Alternative Services emended for contemporary liturgical use*

*Liturgical texts from The Book of Alternative Services*

*All Saints Anglican Church Westboro's Church CCLI License Number is 11196799*

*All Saints Anglican Church Westboro's Church One License Number is A-728801*

# Saints Alive!

Weekly News from All Saints' Westboro  
Thirteenth Sunday after Pentecost August 22<sup>nd</sup>, 2021

## This Week

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Monday:	10:00 am to 1:00 pm	Food Bank
Tuesday:	9:00 am Morning Prayer	Zoom
Wednesday	10:30 am Eucharist	Church
Thursday	9:00 am Morning Prayer	Zoom
	3:00 to 7:00 pm	Food Bank

## Upcoming Events

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### Morning Prayer

**Tues., August 24<sup>th</sup>, and Thurs., August 26<sup>th</sup>, at 9:00 am**

These will be the last two sessions of Morning Prayer. Julie and Helen would like to thank everyone who has been part of Morning Prayer over the past few months. For the Zoom link, please contact Helen at [office@allsaintswestboro.com](mailto:office@allsaintswestboro.com).

### Parkinson SuperWalk

**Saturday, September 11<sup>th</sup>**

Allan and Gail McGregor will be walking in Parkinson SuperWalk again this year and are seeking support from fellow parishioners of All Saints'—some have already made donations, for which they are grateful. Since they are unable to set up a table, as they have done in past years, donations may be made via the internet. You can donate either by going to [https://donate.parkinson.ca/site/SPageNavigator/SuperWalk/Donate\\_now.html](https://donate.parkinson.ca/site/SPageNavigator/SuperWalk/Donate_now.html) and searching for names or by using the following direct links:

- For Gail: [https://donate.parkinson.ca/site/TR/SuperWalk2021/PSC\\_SuperWalk?px=1113067&pg=personal&fr\\_id=2570](https://donate.parkinson.ca/site/TR/SuperWalk2021/PSC_SuperWalk?px=1113067&pg=personal&fr_id=2570)
- for Allan: [https://donate.parkinson.ca/site/TR/SuperWalk2021/PSC\\_SuperWalk?px=1102476&pg=personal&fr\\_id=2570](https://donate.parkinson.ca/site/TR/SuperWalk2021/PSC_SuperWalk?px=1102476&pg=personal&fr_id=2570).

### Postcards From Covidland

As we begin to plan for a full return to parish community activities, Barbara Robertson, our Hospitality Coordinator, would like to update the large bulletin board in the upper hall. Her idea is to design a display, which would give a "Welcome Back" message to

everyone when we assemble for coffee hour up in Steacy Hall sometime in the near future.

Titled ***Postcards From Covidland***, this board will be a place to celebrate the many ingenious and life-giving activities you have engaged in during the time of isolation. We invite you to send in photos of you and your hobbies, your family observing restricted gatherings, worship experiences, et cetera. From recent months, send photos which will show the gradual return to normal activities to Helen in the office ([office@allsaintswestboro.com](mailto:office@allsaintswestboro.com)), who will ensure that Barbara receives them.

*If you'd like to register to attend next **Sunday, August 29<sup>th</sup>**, the best way to do so is to fill out the online form, on the All Saints' home page (<https://www.allsaintswestboro.com>), starting on **Monday, August 23<sup>rd</sup>**, after 9:00 am and ending at 12:00 noon on **Friday, August 27<sup>th</sup>**.*

*However, if you do register by calling the church office, please make sure to leave a voicemail, indicating that you would like to register, as well the day and time of your call.*



*A White-breasted Nuthatch, Mud Lake, Ottawa  
Photo by Christopher Dunn*