

All Saints' Anglican Church, Westboro  
347 Richmond Road  
Ottawa, ON, K2A 0E7  
613-725-9487  
office@allsaintswestboro.com



## All Saints' Westboro



*The Blue Morpho, Niagara Butterfly Conservatory  
Photo by Christopher Dunn*

### **Second Sunday of Lent**

March 5<sup>th</sup>, 2023

**8:00 am—Said Eucharist**

**9:30 am—Sung Eucharist**

**Wednesday (March 8<sup>th</sup>) 10:30 am—Said Eucharist**

The Ven. Christopher Dunn

The Rev. Chung Yan Lam

The Rev. Deacon Jarrett Carty

Music: Edith Troup

Children and Youth: Linda Lord

*The wearing of masks is strongly encouraged.*

*Please Note: The 9:30 service is being broadcast on Zoom and recorded; if you attend in-person you may appear on camera and in the recording.*

Officiant: Dear friends, we gather on the ancestral territory of the Anishnaabeg Algonquin people, the traditional stewards of the lands and waters on which we meet.

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

Opening Hymn: **Morning Has Broken**

**#3**

**Morning has broken like the first morning;  
blackbird has spoken like the first bird.  
Praise for the singing! Praise for the morning!  
Praise for them, springing fresh from the Word!**

**Sweet the rain's new fall sunlit from heaven,  
like the first dewfall on the first grass.  
Praise for the sweetness of the wet garden,  
sprung in completeness where his feet pass.**

**Mine is the sunlight! Mine is the morning  
born of the one light Eden saw play!  
Praise with elation, praise every morning,  
God's re-creation of the new day!**

**Children's Talk**

*(Please send the children forward during the last verse of the Opening Hymn. The children are invited to join the Church School following the talk.)*

**Trisagion**

**(x3)**

Ho - ly God, ho - ly and migh - ty,  
5 ho - ly im - mor - tal one, have mer - cy up - on us.

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: Gracious God, if we came to your house, we would find the door open, because there are no closing hours for the hospitality of heaven.

**All: If we came to your house, we would hear many accents, ours just one among them, for there is no favoured nation in the commonwealth of heaven.**

Officiant: If we came to your house, we would see people who never thought they would be allowed in, had entrance been by merit rather than by your gracious invitation. So, as we gather in Jesus' name, let the characteristics you cherish become evident in all we do and share together. Gather into one the glorious assortment of unlikes, which is your true church.

**All: Reveal within this community what we must do, what we must hear, and who we must welcome if we are to know Jesus among us.**

Officiant: God, give us the grace to surrender our presumptions as to what we should be or do; and then amend our lives until we become the people you intend.

**All: Amen.**

### Trisagion

(x3)

Ho - ly God, ho - ly and migh - ty,  
5 ho - ly im - mor - tal one, have mer - cy up - on us.

Officiant: God of mercy,

**All: you are full of tenderness and compassion, slow to anger, rich in mercy, and always ready to forgive; grant us grace to renounce all evil and to**

**cling to Christ, so that in every way we may prove to be your loving children; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**

**The First Reading is from Genesis (12:1-4a)**

Now the Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the Lord had told him; and Lot went with him.

Reader: Holy Word, Holy Wisdom.

**All: Thanks be to God.**

**Psalm 121**

**(Tune #306)**

**I to the hills will lift my eyes;  
from whence shall come my aid?  
My help is from the Lord alone,  
who heaven and earth has made.**

**God will not let your foot be moved;  
your Guardian never sleeps.  
God's watchful and unslumbering care  
protects and safely keeps.**

**Your faithful keeper is the Lord,  
your shelter and your shade;  
'neath sun or moon, by day or night,  
you shall not be afraid.**

**From evil God will keep you safe,  
provide for all you need;  
your going out, your coming in,  
God will forever lead.**

***Psalm 121***

***(Read together at 8:00 am, Sun. and 10:30 am, Wed.)***

*I lift up my eyes to the hills; from where is my help to come? My help comes from the Lord, the maker of heaven and earth. The*

*Lord will not let your foot be moved and the One who watches over you will not fall asleep. Behold, the One who keeps watch over Israel shall neither slumber nor sleep. The Lord, the Lord, watches over you; the Lord is your shade at your side, so that the sun shall not strike you by day, nor the moon by night. The Lord shall preserve you from all evil and shall keep you safe. The Lord shall watch over your going out and your coming in, from this time forth for evermore.*

**The Second Reading is from Romans (4:1-5, 13-17)**

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. . . . For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”)—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Reader: Holy Word, Holy Wisdom.

**All: Thanks be to God.**

Gradual Hymn: **To Abraham and Sarah**

**#468**

**To Abraham and Sarah the call of God was clear:  
“Go forth and I will show you a country rich and fair.  
You need not fear the journey,  
for I have pledged my word  
that you shall be my people and I will be your God.”**

**From Abraham and Sarah arose a pilgrim race,  
dependent for their journey  
    on God's abundant grace;  
and in their heart was written  
    by God this saving word,  
"That you shall be my people and I will be your God."**

**We of this generation on whom God's hand is laid  
can journey to the future secure and unafraid,  
rejoicing in God's goodness  
    and trusting in this word,  
"That you shall be my people and I will be your God."**

Reader: The Lord be with you.

**All: And also with you.**

Reader: The Holy Gospel of our Lord Jesus Christ according to John (3:1-17)

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

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who

descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

Reader: The Gospel of Christ.

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

Homily: Dr. Patricia Bays

Officiant: Let us make an affirmation of faith, as we say,

**All: Hear, O Israel, the Lord our God, the Lord is one. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. This is the first and the great commandment. The second is like it: Love your neighbour as yourself.**

### **Prayers of the People**

One: Let us pray together for our community and for our world, in thanksgiving for the One “who calls into existence the things that do not exist.”

**All: Our help comes from you Lord, maker of heaven and earth, who gives life.**

One: We pray for all religious leaders. We pray especially for Linda, our Primate; Anne, our Metropolitan; Christopher, our National Indigenous Archbishop; Shane, our Bishop; and Chris, Chung Yan, and Jarrett, our clergy; and Brian, pastor of First United.

**All: Our help comes from you Lord, maker of heaven and earth, who gives life.**

One: On this International Women’s Day, we give tribute to and thanks for women in our present day and times who are standing up, making their voices heard, and fully contributing their gifts whenever and wherever they are able. We keep close to our hearts those for

whom the whenever and wherever is not yet possible. We remember with awe and thanksgiving women throughout history, many with unsung stories. In today's readings we do not forget Sarah, the faithful companion of Abraham. In this time of Lent, we find model in the women that accompanied Jesus throughout his life, and who were the first to see and believe in the life of resurrection.

**All: Our help comes from you Lord, maker of heaven and earth, who gives life.**

On: We pray for all those who are suffering and in need. We pray especially at this time for those who have asked for our prayers:

**All: Cheryl** (McTeer); **Randy** (Brown); **Shari** (Rathwell); **Viola** (Martin); **Peter** (Frazier); **Michael** (Frazier); **Alana** (Andrews); **Kevin** (Andrews); **Thelma** (Mills); **Brian** (O'Connor); **Emily** (Sibbald); **Michael** (Lundy); **Grace** (Henkel); **Karen** (Henkel); **Peter** (Carr); **Cinde** (Coke); **Linda** (Tremblay); **Susan** (Stewart); **Mary** (Hume, Sr.); **David** (Nador); **Véronique** (Savard); **Sylvia** (Kurata); **Carol** (Raoult); **Jadwiga** (Krakowiak); **Noah** (Corbin); **Glen** (Fox); **Dennis** (Blackie)

One: and for those whom we name, silently or aloud. . . . We pray for those who have died. We lift up to you the recently departed, especially those whom we name silently or aloud. . . . "For God so loved the world that he gave his only Son . . . not . . . to condemn the world, but in order that the world might be saved through him."

**All: Our help comes from you Lord, maker of heaven and earth, who gives life. 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.**

*Share a sign of peace with others around you by bowing or waving.*

Offertory Hymn: **Wind upon the Waters**

**#408**

**Wind upon the waters, voice upon the deep,  
rouse your sons and daughters,  
wake us from our sleep,  
breathing life into all flesh,  
breathing love into all hearts,  
living wind upon the waters of my soul.**

**Showers from the heavens, water from the earth,  
gift so wholly given, source of every birth,  
joy of every living thing,  
making all creation sing,  
shower down upon the dry earth of my soul.**

**Rock and hill and garden, wood and desert sand,  
prairie, field, and meadow  
shaped by Love's own hand,  
Love that fills the world around,  
springing up from barren ground,**

grow your love within the garden of my soul.  
Blazing light of wonder, flame that pierces night,  
burst the dark asunder, fill our souls with light.  
Lord of glory, fill the skies,  
make an end to hatred's cries,  
be the blazing sun of justice in our lives.

Wind upon the waters, rains upon the sand,  
grace your sons and daughters,  
newborn by your hand.  
Come, O Spirit, and renew  
all the life that comes from you,  
send your winds upon the waters of my soul.

Officiant: God of wisdom,

**All: may the light of the eternal Word, our Lord and Saviour Jesus Christ, guide us to your glory. We ask this in his name. 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: It is right to give you thanks and praise, O Lord, our God, sustainer of the universe, you are worthy of glory and praise.

**All: Glory to you for ever and ever.**

Officiant: At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home; by your will they were created and have their being.

**All: Glory to you for ever and ever.**

Officiant: From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill; you made us the stewards of creation.

**All: Glory to you for ever and ever.**

Officiant: But we turn against you, and betray your trust; and we turn against one another. Again and again you call us to return. Through the prophets and sages you reveal your righteous law. In the fullness of time you sent your Son, born of a woman, to be our Saviour. He was wounded for our transgressions, and bruised for our iniquities. By his death he opened to us the way of freedom and peace.

**All: Glory to you for ever and ever.**

Officiant: Therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending praise:

**All: Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna #722 in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

Officiant: Blessed are you, Lord our God, for sending us Jesus, the Christ, who on the night he was handed over to suffering and death, took bread, said the blessing, broke the bread, gave it to his friends, and said, "Take this, and eat it: this is my body which is given for you. Do this for the remembrance of me." In the same way, after supper, he took the cup of wine; he gave you thanks, and said, "Drink this, all of you: this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

**All: Glory to you for ever and ever.**

Officiant: Gracious God, we recall the death of your Son Jesus Christ, we proclaim his resurrection and ascension, and we look with expectation for his coming as Lord of all the nations. We who have been redeemed by him, and made a new people by water and the Spirit, now bring you these gifts. Send your Holy Spirit upon us and upon this offering of your Church, that we who

eat and drink at this holy table may share the divine life of Christ our Lord.

**All: Glory to you for ever and ever.**

Officiant: Pour out your Spirit upon the whole earth and make it your new creation. Gather your Church together from the ends of the earth into your kingdom, where peace and justice are revealed, that we, with all your people, of every language, race, and nation, may share the banquet you have promised; through Christ, with Christ, and in Christ, all honour and glory are yours, creator of all.

**All: Glory to you for ever and ever. 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.**

**#744 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.**

Officiant: Let your Church be the wheat which bears its fruit in dying.

**All: If we have died with him, we shall live with him; if we hold firm, we shall reign with him.**

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

**All: Thanks be to God.**

*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.***

### *Choral Interlude*

Officiant: Creator of heaven and earth,

**All: we thank you for these holy mysteries, which bring us now a share in the life to come, through Jesus Christ our Lord. Amen.**

Officiant: All your works praise you, O Lord.

**All: And your faithful servants bless you. Gracious God we thank you for feeding us with the body and blood of your Son, Jesus Christ. May we, who share his body, live his risen life; we, who drink his cup, bring life to others; we, whom the Spirit lights, give light to the world. Keep us firm in the hope you have set before us, so that we and all your children shall be free, and the whole earth live to praise your name; through Christ our Lord. Amen.**

Officiant: Go out in faith, trusting in God's sense of direction. Remember how much God loves this world and so love the world in the name of Christ.

**All: Our testimony will become the good news that someone else has been waiting to receive.**

Officiant: And the blessing . . . .

*Announcements*

Blessing Song:

**May the Lord rejoice with you, may the Lord bless you, and make His face to shine upon you, the God of Heaven loves you.**

Closing Hymn: **Christ Whose Glory Fills the Skies**

**#5**

**Christ whose glory fills the skies,  
Christ the true, the only light,  
Sun of Righteousness, arise!  
Triumph o'er the shades of night:  
Day-spring from on high, be near;  
Day-star, in my heart appear.**

**Dark and cheerless is the morn  
unaccompanied by thee;  
joyless is the day's return,  
till thy mercy's beams I see,  
till they inward light impart,  
glad my eyes and warm my heart.**

**Visit then this soul of mine,  
pierce the gloom of sin and grief;  
fill me, Radiancy divine,  
scatter all my unbelief;  
more and more thyself display,  
shining to the perfect day.**

**DM:** Go in peace to love and serve the Lord.

**All:** Thanks be to God.

**Readings for Next Sunday, March 12<sup>th</sup>, 2023**

Exodus 17:1-7; Psalm 95;  
Romans 5:1-11; John 4:5-42

**Sharing in our liturgical ministry today at 8:00 am:**

**Greeter:** Ken McMillan

**Reader:** Sylvia Shortliffe and Michael Norman

**Server:** John Merritt

**Sharing in our liturgical ministry today at 9:30 am:**

**Greeters:** Chris Kirch and Linda Phillips

**Readers:** Helen Norman and Julia Brady

**Intercessor:** Portia Parsell-Hainzelin

**Diac. Minister:** Steve Sibbald

**Euch. Ministers:** Craig Thomas and Larry Broome

**Servers:** Wyatt and Charley

**Hospitality:** Susan Garnham

*Credits:*

*Opening Prayer from A Wee Worship Book, fifth edition, p. 51.*

*Closing sentences from Feasting on the Word Worship Companion, Liturgies from Year A, Volume 1, © 2012 Westminster John Knox Press*

*Collect from A Prayer Book for Australia (1995) 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.*

*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  
Second Sunday of Lent                      March 5<sup>th</sup>, 2023

## This Week

---

<b>Today</b>	<b>11:15 am 4:30 pm</b>	<b>Vestry meeting Jazz Vespers</b>	<b>Chapel Church</b>
Monday	10:00 am to 1:00 pm		Food Bank
Tuesday	8:15 am 8:30 am 1:00 to 4:00 pm 2:00 pm	Men's Breakfast Morning Prayer Tea and Conversation	Restaurant Zoom Food Bank Rm 5/6
Wednesday	10:00 am to 2:00 pm 9:00 am 10:30 am 1:30 pm	Quilters Eucharist Lenten Bible Study	New-to-You Shop Rm 7/8 Church Chapel
Thursday	1:00 to 3:00 pm 4:00 to 7:00 pm 4:30 to 5:30 pm	Choir practice Centering Prayer	Church Food Bank Chapel
Friday	8:30 am	Morning Prayer	Zoom
Saturday	10:00 am to 2:00 pm		New-to-You Shop

## Today

---

### Annual Vestry Meeting

#### Today, at 11:15 am, in the Chapel

Our Annual vestry meeting is today. Please join us to find out what's happening around the Parish. You should have received the Annual Vestry Reports by email; for those didn't and those without email, there will be hard copies at the back of the Chapel.

### Jazz Vespers

#### Today, at 4:30 pm in the Church

Join us at Jazz Vespers and experience the transformative power of jazz in a sacred space. This month's musicians: Peter Woods (saxophone), Kyle Jordan (guitar), and Jacob Clarke (bass)

## Upcoming Events

---

### **Morning Prayer for Lent**

**Tues., March 7<sup>th</sup>, and Fri., March 10<sup>th</sup>, at 8:30 am, Zoom**

Throughout Lent on Tuesday and Friday mornings, we will be offering Morning Prayer sessions on Zoom—Start your day with a unique prayer session from the comfort of your own home and stay for a chat. For more information and for the Zoom link, please contact Helen in the office ([office@allsaintswestboro.com](mailto:office@allsaintswestboro.com)).

### **Tea and Conversation**

**Tuesday, March 7<sup>th</sup>, 2023, at 2:00 pm in Rm 5/6**

To avoid conflicts with other programs, our Tea and Conversation group—a place of quiet and support for those experiencing loss—will now meet on the **first Tuesday of the month**. All are welcome. Contact Helen in the office ([office@allsaintswestboro.com](mailto:office@allsaintswestboro.com)) for more information.

### **Lenten Bible Study**

**Wednesday, March 8<sup>th</sup>, at 1:30 pm, in the Chapel**

Join Chris for this study, which will take you on a journey through Lent and the issues of our day from a biblical perspective.

### **And What is Your Name?**

The Hospitality committee would like to reinstate our custom of wearing name tags on Sunday morning. You may have misplaced your button, or it may be on the button nook (in the hall by the stairs/lift on your way up to Steacy Hall). If you need a replacement or you are new to our community, contact Helen in the office ([office@allsaintswestboro.com](mailto:office@allsaintswestboro.com); 613-725-9487) and she will make sure that the church mice who make these buttons get to work!



**Don't forget to Change your Clocks** next weekend (on Saturday night, March 11<sup>th</sup>)! We lose an hour of sleep!