



All Saints' Anglican Church, Westboro
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Welcome to All Saints' Westboro



Seventh Sunday after the Epiphany

Sunday, February 23rd, 2025

8:00 am—Said Eucharist

9:30 am—Sung Eucharist

Wednesday (February 26th, 2025 - Chapel)

10:30 am—Said Eucharist

The Ven. Kathryn Otley

The Rev. Chung Yan Lam

Children and youth: Janet Currie-Kelk

Music: Lauren Saindon

LAND ACKNOWLEDGEMENT

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

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

PROCESSIONAL HYMN

Praise the One Who Breaks [Long Night]

CP 397

**Praise the one who breaks the long night
with a liberating light.**

**Praise the one who frees the prisoners,
turning blindness into sight.**

**Praise the one who preached the gospel,
healing every dread disease,
calming storms and feeding thousands
with the very bread of peace.**

**Praise the one who blessed the children
with a strong yet gentle word**

**Praise the one who drove out demons
with a piercing two-edged sword.**

**Praise the one who brings cool water
to the desert's burning sand.**

**From this well comes living water,
quenching thirst in every land.**

**Praise the one true love incarnate:
Christ who suffered in our place.**

**Jesus died and rose for many
that we may know God by grace.**

**Let us sing for joy and gladness,
seeing what our God has done.**

**Praise the one redeeming glory,
praise the One who makes us one.**

CHILDREN'S TALK

GATHERING

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.**

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.**

COLLECT OF THE DAY

Faithful God, you forgive our sins and restore us to wholeness. Anoint us with your Spirit, so that we may be alert and mindful ministers of your gracious will to save, by bringing into your presence all that is broken and in need of healing; through Jesus Christ our Lord. **Amen.**

The First Reading is from Genesis (45:3-11, 15).

Joseph said to his brothers, "I am Joseph. Is my father still alive?" But his brothers could not answer him, so dismayed were they at his presence.

Then Joseph said to his brothers, "Come closer to me." And they came closer. He said, "I am your brother, Joseph, whom you sold into Egypt. And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. For the famine has been in the land these two years; and there are five more years in which there will be neither plowing nor harvest. God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. Hurry and go up to my father and say to him, 'Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. You shall settle in the land of Goshen, and you shall be near me, you and your children and your children's children, as well as your flocks, your herds, and all that you have. I will provide for you there—since there are five more years of famine to come—so that you and your household, and all that you have, will not come to poverty.'" And he kissed all his brothers and wept upon them; and after that his brothers talked with him.

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

PSALM 37:1-11, 39-40

Do not be provoked by evildoers;
do not be jealous of those who do wrong.

For they shall soon wither like the grass,
and like the green grass fade away.

Put your trust in the Lord and do good;
 dwell in the land and find safe pasture.

Take delight in the Lord,
who shall give you your heart's desire.

Commit your way to the Lord; put your trust in the Lord,
and see what God will do.

The Lord will make your vindication as clear as the light
and the justice of your case like the noonday sun.

Be still before the Lord and wait patiently.
Do not be provoked by the one who prospers, the one who succeeds in evil schemes.

Refrain from anger, leave rage alone;
do not be provoked; it leads only to evil.

For evildoers shall be cut off,
but those who hope in the Lord shall possess the land.

In a little while the wicked shall be no more;
even if you search out their place, they will not be there.

But the lowly shall possess the land;
they will delight in abundance of peace.

But the deliverance of the righteous comes from you, O Lord;
you are their stronghold in time of trouble.

You, O Lord, will help them and rescue them;
you will rescue them from the wicked and deliver them, because in you they seek refuge.

The Second Reading is from 1 Corinthians (15:35-38, 42-50).

But someone will ask, "How are the dead raised? With what kind of body do they come?" Fool! What you sow does not come to life unless it dies. And as for what you sow, you do not sow the body that is to be, but a bare seed, perhaps of wheat or of some other grain. But God gives it a body as he has chosen, and to each kind of seed its own body.

So it is with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. It is sown in dishonor, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a physical body, it is raised a spiritual body. If there is a physical body, there is also a spiritual body. Thus it is written, "The first man, Adam, became a living being"; the last Adam became a life-giving spirit. But it is not the spiritual that is first, but the physical, and then the spiritual. The first man was from the earth, a man of dust; the second man is from heaven. As was the man of dust, so are those who are of the dust; and as is the man of heaven, so are those who are of heaven. Just as we have borne the image of the man of dust, we will also bear the image of the man of heaven.

What I am saying, brothers and sisters, is this: flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable.

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

GRADUAL HYMN

Blest are the pure in heart

CP 439

**Blest are the pure in heart,
for they shall see our God;
the secret of the Lord is theirs,
their soul is Christ's abode.**

**The Lord, who left the heavens
our life and peace to bring,
to dwell in lowliness with us,
our pattern and our King,**

**still to the lowly soul
his presence doth impart,
and for a dwelling and a throne
chooseth the pure in heart.**

**Lord, we thy presence seek;
may ours this blessing be:
give us a pure and lowly heart,
a temple fit for thee.**

GOSPEL READING

The Lord be with you. **And also with you.**

The Holy Gospel of our Lord Jesus Christ according to **Luke (6:27-38)**. **Glory to you, Lord Jesus Christ.**

[Jesus said:] "But I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you. "If you love those who love you, what credit is that to you? For even sinners love those who love them. If you do good to those who do good to you, what credit is that to you? For even sinners do the same. If you lend to those from whom you hope to receive, what

credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High; for he is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful.

“Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back.”

The Gospel of Christ. **Praise to you, Lord Jesus Christ.**

HOMILY

ANTHEM

Lift Every Voice

ELW 841

In the words of the lyricist, James W. Johnson: "A group of young men in Jacksonville, Florida, arranged to celebrate Lincoln's birthday in 1900. My brother, J. Rosamond Johnson, and I decided to write a song to be sung at the exercises. I wrote the words, and he wrote the music. Our New York publisher, Edward B. Marks, made mimeographed copies for us, and the song was taught to and sung by a chorus of five hundred colored school children.

Shortly afterwards my brother and I moved away from Jacksonville to New York, and the song passed out of our minds. But the school children of Jacksonville kept singing it; they went off to other schools and sang it; they became teachers and taught it to other children. Within twenty years it was being sung over the South and in some other parts of the country. Today the song, popularly known as the Negro National Hymn, is quite generally used. The lines of this song repay me in an elation, almost of exquisite anguish, whenever I hear them sung by Negro children."

PRAYERS OF INTERCESSION

As we gather here today to pray some may feel despair at the many problems we are facing – wars, destruction, displacement, famine and other disasters - it is very important to continue to have faith and belief that prayer matters. Whilst we know not what lies ahead we ask you Lord for strength and courage that we may find ways to support those in need both physically and emotionally. O Lord **hear our prayer.**

Here in Canada we are truly blessed. May we show our gratitude by living our lives as you would want. We ask your prayers for Anne, Metropolitan of Ontario and Acting Primate; Christopher, National Indigenous Archbishop; Shane, our bishop; Kathryn and Chung Yan, our priests. We pray for Alyson and Anne, interim pastors at First United, and the people of First United. May all their ministries be a blessing on those they serve.

O Lord **hear our prayer.**

At this time we remember those who have asked us to pray for them: **Emily S.; Shari R.; Peter F.; Michael F.; Brian O.; Michael L.; Cinde C.; Rowan J.; Beryl N.; David N.; Anthony R.; Janice G.; Loris J.**

and those whom we name aloud or hold silently in our hearts; may they be strengthened by your love and compassion. Bless their caregivers and families. **Hear our prayer.**

We also thinking of those who have died.....May their memory be a blessing and comfort to all who mourn. O Lord **hear our prayer.**

We offer now a prayer written by Archbishop Chris Harper. 'Almighty, today we the children of your creation gather in humility and wonder at your hand in creation and with using our journey of life and faith. We lift our prayers of thankfulness for blessings seen and unseen. Forgive us where we have failed and offended, lift us to be renewed in our call and ministry, strengthen and embolden us to not only proclaim, but to live out our faith for all to see that your grace and mercy might flow out over the land and to all peoples.

Grant us the wisdom and understanding to seek truth other than our own and grant us peace to see the other before us, that we together can be the vessels of your peace and hope.

Keep us from distraction that we may keep our eyes and hearts upon your good road and call. Help us to be better today than we were yesterday and the day before. This we pray in Christ. ' **Amen.**

PEACE

The peace of the Lord be always with you. **And also with you.**

Share a sign of peace while respecting individual preferences.

OFFERTORY HYMN

You Satisfy the Hungry Heart

VU 478

Refrain

we follow and rejoice. *Refrain*

**You satisfy the hungry heart
with gift of finest wheat.**

**With joyful lips we sing to you
our praise and gratitude,**

**Come, give to us, O saving Lord,
the bread of life to eat.**

**that you should count us worthy
friends,**

**As when the shepherd calls the sheep,
they know and heed that voice,
so when you call your family,**

to share this heavenly food. *Refrain*

**Is not the cup we bless and share
the blood of Christ outpoured?**

Do not one cup, one loaf, declare

our oneness in the Lord? *Refrain*

PRAYER OVER THE GIFTS

Merciful God, accept all we offer you this day. Lead us to love you with all our heart, and to love all people with your perfect love. We ask this in the name of Jesus Christ.

Amen.

EUCCHARISTIC PRAYER 4

May God be with you. **And also with you.**

Lift up your hearts. **We lift them up to God.**

Let us give thanks to God our Creator. **It is right to give our thanks and praise.**

It is right to give you thanks and praise, O Lord, our God, sustainer of the universe, you are worthy of glory and praise. **Glory to you for ever and ever.**

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

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

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

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 hymn:

(9:30 am, sung, ELW 193) **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, hosanna in the highest.**

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." **Glory to you for ever and ever.**

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

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. **Glory to you for ever and ever. Amen.**

And now, as our Saviour Christ has taught us, we pray together,

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 forever. Amen.

BREAKING OF THE BREAD

We break the bread of life, and that life is the light of the world.

God here among us, light in the midst of us, bring us to light and life.

The gifts of God for the people of God. **Thanks be to God.**

PRAYER FOR SPIRITUAL COMMUNION

With those joining us online, I will lead the Prayer for Spiritual Communion: In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer to you praise and thanksgiving. I remember your death, O Christ; I proclaim your resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. **Amen.**

Rice wafers are available. Receiving in one kind is receiving the fullness of God's grace. The Common Cup is available for those who wish to receive it. **Please Note: Intinction is not allowed.**

COMMUNION HYMN

I Am the Bread of Life

ELW 485

"I am the Bread of life.
You who come to me shall not hunger,
and who believe in me shall not thirst.
No one can come to me unless the Father beckons."

Refrain

"And I will raise you up,
and I will raise you up,
and I will raise you up on the last day."

"The bread that I will give
is my flesh for the life of the world,
and if you eat of this bread,
you shall live forever, you shall live forever." **Refrain**

"Unless you eat
of the flesh of the Son of Man
and drink of his blood,
and drink of his blood,
you shall not have life within you." **Refrain**

"I am the resurrection,
I am the life.
If you believe in me,
even though you die, you shall live forever." **Refrain**

Yes, Lord, I believe
that you are the Christ,
the Son of God,
who have come into the world. **Refrain**

PRAYER AFTER COMMUNION

Gracious God, in the eucharist we celebrate your love for us and for all people. Grant that strengthened by these holy gifts, we may show your love in our lives and know its fulfilment in your presence. We ask this in the name of Jesus Christ our Lord. **Amen.**

DOXOLOGY

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.

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.

SENDING HYMN

Sing Praises Old and New

CP 469

**Sing praises old and new;
past and present join in one.
Old covenants renew:
new commitments have begun.
God's soaring purpose spans
all ages, lives, and lands.
Christ's open, wounded hands
past and present join in one.
People of hope, be strong!
Love is making all things new.
Lift our united song,
show what faith can dream and do!
Come, Presence, ever near,
revive us year by year.
Sing through our joy and fear,
"Love is making all things new!»**

DISMISSAL

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

Join us for refreshments in Steacy Hall for fellowship after the 9:30 a.m. service.

Readings for Next Sunday, March 2nd, 2025

Malachi 3:1-4; Psalm 84; Hebrews 2:14-18; Luke 2:22-40

Credits: All Saints Anglican Church Westboro's Church CCLI License Number is 11196799 and One License Number is A-72880. 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. Image by Larry Chop.

Please pray this week for:

- St. Mark the Evangelist, Ottawa and all who minister there
- Alcoholics Anonymous, Narcotics Anonymous and Debtors Anonymous that meet in our facilities.

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

Sidesperson: Ken McMillan
Readers: Sylvia Shortliffe and Michael Norman
Liturgical Min: John Merrit

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

Sidespeople: Elizabeth Harris and Larry Broome
Readers: Brian Morton and Joanne Rowlinson
Intercessor: Toni Larsen
Liturgical Min: Chris Kirch
Euch. Mins: Craig Thomas and Stephen Rouble
Servers: Annie, Jacqueline and Mary
Hospitality: Julia Brady, Mike Norman, and Susie Adams

Weekly News from All Saints' Westboro

February 24th – March 1st

This Week

| | | | |
|-----------|---------------------|------------------|-----------------|
| Monday | 10:00 am to 1:00 pm | | Food Bank |
| Tuesday | 1:00 pm to 4:00 pm | | Food Bank |
| Wednesday | 9:30 am | Quilters | Room 7/8 |
| | 10:00 am to 2:00 pm | | New-to-You Shop |
| | 10:30 am | Eucharist | Chapel |
| Thursday | 1:00 pm to 3:00 pm | Choir | Sanctuary |
| | 4:00 pm to 7:00 pm | | Food Bank |
| | 4:30 pm | Centering Prayer | Chapel |
| Saturday | 10:00 am to 2:00 pm | | New-to-You Shop |

Upcoming Events

February Women's Breakfast. Because of a weather cancellation, the Women's Breakfast group will meet on **Monday, February 24th at 9:30 am.** We will be at Summerhays Restaurant on Baseline Road. Our "five minute speaker" will be Peter Robertson speaking on Prime Ministers I have Encountered.

Preparation of ashes – please bring palm crosses from last year to be used on Shrove Tuesday after supper in the Courtyard. Join Chung Yan for the liturgy to prepare the ashes for Ash Wednesday services.

Sing a New Song Sunday! Next Sunday, March 2nd is our second monthly "Sing a New Song Sunday!" We invite you to meet the choir in the sanctuary before the service, at 8:45am, to learn a simple anthem that we will sing during the service. Pre-registration is not necessary, but please contact Lauren at music@allsaintswestboro.com with any questions. All voices welcome!

Black History Month at All Saints' Westboro

The Children's Church will be exploring the stories of:

February 23rd: Bayard Rustin - USA - India. Trusted advisor to Martin Luther King, Jr. and worked to end segregation. He studied non-violence from Mahatmas Ghandi and brought those lessons back to the leaders of the Civil Rights movement. Bayard went on to help others become angelic troublemakers for justice and peace in many other countries.

Youth Group: No meeting in March, however, youth are invited to eat and help with Shrove Tuesday dinner on Tuesday, March 4th in Steacy Hall at 4-7 pm.

Youth Confirmation - Interest? Please let Janet know if you are interested in joining a confirmation journey starting in the new year as we explore faith together. Connection dates and times to be determined. Confirmation celebration will be in Spring 2026. For Youth ages 12+.

VOLUNTEERS NEEDED FOR SNOW REMOVAL AT CHURCH. Saturday, March 1st at 1:30 pm...usually takes about 3 hours. Shovelling snow from the enclosed roof between Steacy Hall and the worship space. The space is accessed through the door in the small meeting room off the hall. The snow is shovelled into garbage cans, rolled across the hall and dumped out the large windows on the west side of the building. We need at least 8 people for the entire time or more to operate shifts. Volunteers need to be in good shape (strong backs, knees and hearts) and able to shovel or help lift garbage cans full of snow (2 people per load). Volunteers are asked to bring shovels (the type good for digging rather than pushing), large outdoor-type, plastic not metal, garbage cans, and appropriate clothing if you are shovelling. We will need about 8 garbage cans. Contact/RSVP: Please contact Lamar Mason, lamarmason4@gmail.com, if you are able to lend a hand for this project so we know we have enough volunteers. Even an hour of your time would be appreciated.

Welsh Weekend: March 1st is St. David's Day and the Ottawa Welsh Society is celebrating our patron saint with a luncheon Saturday at the Marconi Centre, Gymanfa Ganu hymn sing on Sunday at 3:00 pm followed by a tea at Westminster Presbyterian church on Roosevelt

Ave., and a 6:30 pm Monday showing at the Bytowne Cinema of the first Welsh language "talkie", "Y Chwarelwr - The Quarryman", with a documentary about the restoration of the 1935 film. Visit ottawawelsh.org or talk to David Jeanes for information.

Holden Evening Prayer is on **Sunday, March 2nd at 4:30 pm** in the Chapel.

Men's Breakfast is on **Tuesday, March 4th at 8:15 am**. We will gather at Allo! Mon Coco at College Square (1377 Woodroffe Ave).

Changed Date! Bible On Tap – ONLINE – Thursday, March 6th at 7 pm. We continue to study "The Negro Bible - The Slave Bible". Our plan is to study the removed parts of the Bible that the slaves were not given access to. Bring your own translation and we will have a lively discussion of context, text, and meaning. **RSVP with Rev. Lam for the link to the online session.**

ONLINE Lenten Study based on the book Women of Holy Week: An Easter Journey in Nine Stories by Paula Goodier will start on Wednesday, **March 12th, at 5:30 pm** and finish on April 9th. (There are 9 stories, which will be covered as 2 per night, with one on the final evening.) All are welcome to join on any day.

Reading Circle is on **Wednesday March 12th at 7:00 pm** at the Chapel. *Tom's Story: My 16-Year Friendship with a Homeless Man* by Joann Oostermann.

Gran Aid Project requires extra donors and participants to purchase Loblaws Gift Cards. Proceeds assist Fikelela, an Outreach program of the Anglican Diocese of Cape Town, South Africa. Please e-mail Janet Holgate at wallygum@gmail.com. Denominations available: \$25; \$50; \$100; \$250.

Looking for some peace and quiet? We open our beautiful Chapel every day of the week (except Tuesdays) from 12 noon to 1:30 pm. It is a place for quiet and reflection. A volunteer opens up and stays in the Chapel to welcome visitors. At the moment, we need 5 more volunteers. If you would like to be in the Chapel one day a month, contact the office.