



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



### First Sunday in Lent

Sunday, March 9<sup>th</sup>, 2025

**8:00 am—Said Eucharist**

**9:30 am—Sung Eucharist**

**Wednesday** (March 12<sup>th</sup>, 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

*Please Note: Photos are taken for parish communication. The 9:30 service is live-streamed, recorded, and posted on a public Facebook Page. Your images may be captured and used.*

## 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

### Forty Days and Forty Nights

CP 175

**Forty days and forty nights  
you were fasting in the wild,  
forty days and forty nights  
tempted, and yet undefiled:  
burning heat throughout the day,  
bitter cold when light had fled,  
prowling beasts around your way,  
stones your pillow, earth your bed.  
Shall not we your trials share,  
learn your discipline of will,**

**and with you by fast and prayer  
wrestle with the powers of hell?  
So if Satan, pressing hard,  
soul and body would destroy,  
Christ who conquered, be our guard;  
give to us the victor's joy.  
Saviour, may we hear your voice —  
keep us constant at your side;  
and with you we shall rejoice  
at the eternal Eastertide.**

## 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

God of our salvation, your bow in the clouds proclaims your covenant with every living creature. Teach us your paths and lead us in your truth, so that by your Holy Spirit, we may remember our baptismal vows and be keepers of your trust with earth and its inhabitants. **Amen.**

### **The First Reading is from Deuteronomy (26:1-11).**

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me." You shall set it down before the Lord your God and bow down before the Lord your God. 11 Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

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

### **PSALM 91:1-2, 9-16**

You who dwell in the shelter of the Most High, who abide in the shadow of the Almighty **you will say to the Lord, "My refuge and my stronghold, my God in whom I put my trust."**

Because you have made the Lord your refuge, and the Most High your habitation, **no evil will befall you, nor shall affliction come near your dwelling.**

For God will give the angels charge over you, to guard you in all your ways.

**Upon their hands they will bear you up, lest you strike your foot against a stone.**

You will tread upon the lion cub and viper; you will trample down the lion and the serpent.

**I will deliver those who cling to me; I will uphold them, because they know my name.**

They will call me, and I will answer them;  
I will be with them in trouble; I will rescue and honor them.  
**With long life, will I satisfy them, and show them my salvation.**

**The Second Reading is from Romans (10:8b-13).**

“The word is near you, on your lips and in your heart” (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, “No one who believes in him will be put to shame.” For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, “Everyone who calls on the name of the Lord shall be saved.”

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

**GRADUAL HYMN                      God Lights a Lamp**

**God lights a lamp, and she searches ev'rywhere  
for the hidden, lonely heart.**

**God lights a lamp, and she searches ev'rywhere.**

**When she finds you, oh, she sings:**

**"I have found my treasure, my precious silver coin.**

**I have found my love!"**

**Even angels will hear the news:**

**What once was lost is found. (2x)**

**GOSPEL READING**

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

The Holy Gospel of our Lord Jesus Christ according to **Luke (4:1-13).**

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

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, “If you are the Son of God, command this stone to become a loaf of bread.” Jesus answered him, “It is written, ‘One does not live by bread alone.’”

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, “To you I will give their glory and all this authority; for it has

been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.” Jesus answered him, “It is written, ‘Worship the Lord your God, and serve only him.’” Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, “If you are the Son of God, throw yourself down from here, for it is written, ‘He will command his angels concerning you, to protect you,’ and ‘On their hands they will bear you up, so that you will not dash your foot against a stone.’”

Jesus answered him, “It is said, ‘Do not put the Lord your God to the test.’” When the devil had finished every test, he departed from him until an opportune time.

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

## **HOMILY**

**Dr. Patricia Bays**

## **CREED**

Let us confess the faith of our baptism as we say,

**I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, God’s only Son, our Lord, who was conceived by the power of the Holy Spirit, born of the Virgin Mary, 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 INTERCESSION**

As we begin our Lenten journey and reflect upon the account of Jesus’ fasting and temptations in the wilderness, let us pray together for the needs of our world, the church and our community, trusting in God, who is our refuge and strength, **hear our prayer.**

Almighty God, we pray for all who live in places of threat and danger at this time, whose lives are directly impacted by conflict and warfare. We beseech you to endow all those in positions of leadership everywhere with the wisdom, compassion and courage to make decisions that respect the dignity of all individuals, and further the cause of peace in our deeply divided world. God, our refuge and strength, **hear our prayer.**

In this season of repentance and healing, as we give thanks for the abundance of good things which we enjoy, we pray for those who do not have enough - enough to eat, enough to wear, enough justice. Help us to find new and generous ways to share our

bounty with them. We also pray for all who are chronically homeless, or homeless for a season, and for those who work with and for those in need of a safe place to live. God, our refuge and strength, **hear our prayer.**

As we mark International Women's Day and celebrate the achievements of women in many fields of endeavour, let us continue to work and pray for continued progress towards more inclusive and equitable societies, especially in those places where women's lives are at risk, or they do not have equal access to opportunities to improve their situation. God, our refuge and strength, **hear our prayer.**

We pray for your church worldwide, that it may witness faithfully to the good news of the gospel as we journey through the Lenten season. In our Anglican communion we pray for Anne, Metropolitan of Ontario and acting Primate, Christopher, the National Indigenous Archbishop, and Shane, our Bishop. In this community we pray for our clergy, Kathryn and Chung Yan, for all others in positions of leadership amongst us, and for the people of First United Church, and Alyson and Anne, their interim pastors. God, our refuge and strength, **hear our prayer.**

We remember before you today all those who are suffering in body, mind or spirit at this time, especially those who have asked for our prayers: **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 now, silently or aloud. We pray for peace of mind, and your healing touch for all those in need of any kind, and for compassion and strength for all caregivers. We also lift up before you those who are mourning the loss of loved ones. We remember Elsie Parkinson and family as they mourn the death of Joseph. We hold in prayer Lois Frazier and family as they mourn the death of Ed Blakeney beloved husband and father. Bless those who mourn and enable and uphold all those who seek to support them in their time of loss. God, our refuge and strength, **hear our prayer.**

O God, our refuge and strength, we pray all these things trusting in your promise to answer when we call upon you, and in the name of Jesus Christ, your Son, our Saviour and Redeemer. **Amen.**

## **CONFESSION AND FORGIVENESS**

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

*Silence is kept.*

Most merciful God, **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.**

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 Jesus Christ our Lord. **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**

### **When We Are Tested**

**ACS 922**

**When we are tested and wrestle alone,  
famished for bread when the world offers stone,  
nourish us, God, by your word and your way,  
food that sustains us by night and by day.**

**When in the desert we cry for relief,  
pleading for paths marked by certain belief,  
lift us to love you beyond sign and test,  
trusting your presence, our only true rest.**

**When we are tempted to barter our souls,  
trading the truth for the pow'r to control,  
teach us to worship and praise only you,  
seeking your will in the work that we do.**

**When we have struggled and searched through the night,  
sorting and sifting the wrong from the right,  
Savior, surround us with circles of care,  
angels of healing, of hope, and of prayer.**

## PRAYER OVER THE GIFTS

God our refuge and our strength, receive all we offer you this day, and through the death and resurrection of your Son transform us to his likeness. We ask this in his name.  
**Amen.**

## SUPPLEMENTARY EUCHARISTIC PRAYER 1

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.**

Holy God, Lover of creation, we give you thanks and praise for in the ocean of your steadfast love you bear us and place the song of your Spirit in our hearts. When we turn from your love and defile the earth, you do not abandon us. Your Spirit speaks through Huldah and Micah, through prophets, sages, and saints in every age, to confront our sin and reveal the vision of your new creation. Joining in the song of the universe we proclaim your glory singing:

*(8:00 am, read together)* **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.**

*(9:30 am, sung, Sanctus)* **Holy, holy, holy Lord, God of power, God of 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.**

Gracious God, in the fullness of time you sent Jesus the Christ to share our fragile humanity. Through Jesus' life, death, and resurrection you open the path from brokenness to health, from fear to trust, from pride and conceit to reverence for you. Rejected by a world that could not bear the Gospel of life, Jesus knew death was near. His head anointed for burial by an unknown woman, Jesus gathered together those who loved him. He took bread, gave thanks to you, broke it and gave it to his friends, saying, "Take and eat: this is my body which is given for you. Do this for the remembrance of me." After supper, Jesus took the cup of wine, 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. Whenever you drink it, do this for the remembrance of me." And now we gather at this table in response to his commandment, to share the bread and cup of Christ's undying love, and to proclaim our faith. **Christ has died, Christ is risen, Christ will come again.**

Breathe your Holy Spirit, the wisdom of the universe, upon these gifts that we bring to you: this bread, this cup, ourselves, our souls and bodies, that we may be signs of your



love for all the world and ministers of your transforming purpose. Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, Creator of all, and we bless your holy name for ever. **Amen.**

**HYMN**

**Lamb of God**

**CP 745**

**Lamb of God, you take away the sins of the world:  
have mercy on us.**

**Lamb of God, you take away the sins of the world:  
have mercy on us.**

**Lamb of God, you take away the sins of the world:  
grant us peace, grant us peace.**

### **THE LORD'S PRAYER**

As our Saviour taught us, let us pray [sing],

*(to be read during Sunday 8:00 am and Wednesday 10:30 am)*

**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.**

*(for 9:30 am to be sung SNC 224)*

**Our Father in heaven hallowed be your holy  
name Your kingdom come your will be done  
In all the earth as in heaven  
Your kingdom come your will be done  
In all the earth as in heaven  
And give to us give us this day  
Our daily bread O Lord we pray  
Forgive our sins as we forgive  
Those who have sinned against us  
And save us in time of trial  
Deliver us from evil  
Yours is the kingdom yours the power  
Yours is the glory now and ever  
Our Father in heaven Amen.**

Our Fa - ther in heav - en, hal - lowed be your ho - ly name.

Your king - dom come, your will be done, in all the earth as in heaven,

Your king - dom come, your will be done, in all the earth as in heaven

and give to us, give us this day our dai - ly bread, O Lord we pray.

For - give our sins as we for - give those who have sinned a - gainst us,

and save us in time of trial. De - liv - er us from e - vil.

Yours is the king - dom, yours the pow - er yours is the glo - ry now and

ev - er. Our Fa - ther in heav - en. A - men.

## **BREAKING OF THE BREAD**

We break this bread, **Communion in Christ's body once broken.**

Let your Church be the wheat which bears its fruit in dying. **If we have died with him, we shall live with him; if we hold firm, we shall reign with him.**

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

## You Who Dwell in the Shelter

CP 531

You who dwell in the shelter of the Lord,  
who abide in his shadow for life,  
say to the Lord: "My refuge,  
my rock in whom I trust!"

### **Refrain**

And he will raise you up on eagle's wings,  
bear you on the breath of dawn,  
make you to shine like the sun,  
and hold you in the palm of his hand.

Snares of the fowler will never capture you,  
and famine will bring you no fear:  
under his wings your refuge,  
his faithfulness your shield. **Refrain**

You need not fear the terror of the night,  
nor the arrow that flies by day;  
though thousands fall about you,  
near you it shall not come. **Refrain**

For to his angels he's given a command  
to guard you in all of your ways;  
upon their hands they will bear you up,  
lest you dash your foot against a stone. **Refrain**

## PRAYER AFTER COMMUNION

Faithful God, in this holy bread you increase our faith and hope and love. Lead us in the path of Christ who is your Word of life. We ask this in his name. **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

#### **Lead Us, Heavenly Father, Lead Us**

**CP 564**

**Lead us, heavenly Father, lead us  
o'er the world's tempestuous sea;  
guard us, guide us, keep us, feed us,  
for we have no help but thee;  
yet possessing every blessing  
if our God our Father be.**

**Saviour, breathe forgiveness o'er us;  
all our weakness thou dost know;  
thou didst tread this earth before us,**

**thou didst feel its keenest woe;  
lone and dreary, faint and weary,  
through the desert thou didst go.  
Spirit of our God, descending,  
fill our hearts with heavenly joy,  
love with every passion blending,  
pleasure that can never cloy;  
thus provided, pardoned, guided,  
nothing can our peace destroy.**

### 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 16<sup>th</sup>, 2025**

Genesis 15:1-12, 17-18; Psalm 27; Philippians 3:17-4:1; Luke 13:31-35

#### Please pray this week for:

- The Area Parish of the St. Lawrence, The Reverend Adam Brown, The Reverend Cynthia MacLachlan
- The Gran Aid Program and its support of Fikelela in the Diocese of Cape Town, South Africa.

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

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

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

Sidespeople: Larry Chop, Sharon Chop  
Readers: Eleanor Conn and Peter Robertson  
Intercessor: Patricia Fox  
Liturgical Min: Steve Sibbald  
Euch. Mins: Janet Holgate and Chris Kirch  
Servers: Annie, Jacqueline and Mary  
Hospitality: Katy Burnett, Chris Helleur, Judy Wood and Linda Phillips

*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. Sanctus from Marty Haugen (Mass of Creation)  
Image: <https://concordialm.org/blog/lent-a-season-of-repentance-and-renewal/>*

## Weekly News from All Saints' Westboro March 10<sup>th</sup> – March 15<sup>th</sup>

### 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 |
| Thursday  | <b>10:30 am</b>     | <b>Eucharist</b> | <b>Chapel</b>   |
|           | 1:00 pm to 3:00 pm  | Choir            | Sanctuary       |
|           | 4:00 pm to 7:00 pm  |                  | Food Bank       |
| Saturday  | 4:30 pm             | Centering Prayer | Chapel          |
|           | 10:00 am to 2:00 pm |                  | New-to-You Shop |

### Upcoming Events

**Urgently needed.** Egg cartons in 1 and 1 1/2 dozen sizes. The Ottawa Food Bank has returned to providing eggs to us in flats, so the Westboro Region Food Bank must separate the eggs into dozens. Please save and bring in your clean egg cartons for us to use to provide eggs to our Food Bank Neighbours. Thank you!

**An 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 12<sup>th</sup>, at 5:30 pm** and finish on April 9<sup>th</sup>. (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. Link will be provided from the Parish Office.

**Reading Circle – March 12<sup>th</sup> at 7:30 p.m.** The next Reading Circle meets in the chapel to discuss Tom's Story by Joann Oostermann. The author recounts her journey befriending Tom Hogan as he navigates life in the streets of Ottawa. We welcome Martine Doré who coordinates the Westboro Food Bank, as our guest. Martine will reflect on her years working in Ottawa with homeless people.

**Women's Breakfast – March 17<sup>th</sup> at 9:30 a.m.** Come to Summerhays Restaurant at 1971 Baseline Road. Our “five minute speaker” will be Lauren Saindon, our music director. Lauren will introduce herself to us and give us some idea of her vision for church music. Green hats are optional. All are welcome.

**Soup for the Soul Tuesday, March 18<sup>th</sup> at 7:00pm** in Room 5/6. RSVP with Parish Office. Join us for a supportive space to connect over soup and bread. This is a gathering for those experiencing grief and loss. It's not a therapy session, but a place to share stories, offer support, and pray together.

**Gran Aid Project** invites 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](mailto:wallygum@gmail.com). Denominations available: \$25; \$50; \$100; \$250.

**Soup Fundraiser for Youth Camp - support youth going to camp** (May 30<sup>th</sup> - June 1<sup>st</sup>) We will be selling soup again this year, with 5 different soups to choose from over 4 Sundays. Cost: \$15 (Meat); \$10 (Veg):

- **March 16<sup>th</sup>** - 3 Sister (GF, V)
- **March 23<sup>rd</sup>** - Luscious Lentil (GF, V, freezer) & Hot & Sour (pork) (mild and not so mild)
- **March 30<sup>th</sup>** - 3 Sister (GF, V) & Chunky Chicken
- **April 6<sup>th</sup>** - Luscious Lentil (GF, V, freezer) & Thai Coconut (chicken)