



All Saints' Anglican Church, Westboro
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MISSAL

Welcome to All Saints' Westboro



Second Sunday in Lent

Sunday, March 1st, 2026

8:00 am—Said Eucharist

9:30 am—Sung Eucharist

Wednesday (March 4th, 2026 - 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 From the Waters of Creation SNC 25

**From the waters of creation to the shores of Galilee,
in each river sweeping onward there's a promise we can
see.**

**All who search for life in fullness, all who long for dignity:
come and drink now – don't be thirsty. God's grace ever
will flow free.**

**From the parting of the waters to the Jordan's ancient
tide,
in the font, forever rising, there's a love that will abide.
All who yearn for gentle mercy, all who seek community:
come and wash now – don't be lonely. God's grace ever
will flow free.**

**From the streams that Amos visioned to the pool where
Jesus healed,
in the wells we build together there's a dream that is
revealed:
we will work for hope and justice; we will live in unity.
Come and share now – don't be fearful. God's grace ever
will flow free.**

CHILDREN'S TALK

Children are invited to join Children's Church after the talk.

CHILDREN'S EXIT SONG

Salaam aleikum

One: Salaam aleikum

All: Hoyah!

One: Salaam aleikum

All: Hoyah!

One: Salaam aleikum

All: Hoyah, hoyah, hoyah, hoyah, hoyah!

REPEAT

All: May peace be in your hearts,
may peace be in your homes,
may peace be in your land,
may peace be in our world.

REPEAT

One: Salaam aleikum

All: Hoyah!

One: Salaam aleikum

All: Hoyah!

One: Salaam aleikum

All: Hoyah, hoyah, hoyah, hoyah, hoyah!

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

Holy God,
whose Spirit's breath prompts our seeking:
transform the night-time of our fear
into a welcoming womb for us and all the world;
through Jesus Christ, in whom we are born anew. **Amen.**

A reading from the Book of 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.

Hear what the Spirit is saying to the church.

Thanks be to God.

PSALM 121

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.

He will not let your foot be moved and he who watches over you will not fall asleep.

Behold, he who keeps watch over Israel shall neither slumber nor sleep;

The Lord himself watches over you; the Lord is your shade at your right hand,

So that the sun shall not strike you by day, nor the moon by night.

The Lord shall preserve you from all evil; it is he who shall keep you safe.

The Lord shall watch over your going out and your coming in, from this time forth for evermore.

A reading from the Letter of Paul to the 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.

Hear what the Spirit is saying to the church.


Thanks be to God.

GRADUAL HYMN
#80731


Change My Heart, O God OL




Change my heart, O God; make it ev - er true.
Cám - bia - me, Se - ñor, con tu gran po - der.



Last time / Última vez
Change my heart, O God; may I be like you.
*Haz - me co - mo tú, *tu - yo quie - ro ser.*



You are the Pot - ter; I am the clay.
Tú el al - fa - re - ro; yo el ba - rro soy.



Mold me and make me; this is what I pray.
So - lo a tu i - ma - gen quie - ro siem - pre ser.

**tuya*

Refrain

**Change my heart, O God,
make it ever true.**

**Change my heart, O God,
may I be like you.**

**You are the Potter,
I am the clay.**

**Mold me and make me,
this is what I pray. *Refrain***

GOSPEL READING

The Lord be with you.

And also with you.

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

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, what 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."

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

HOMILY

ANTHEM *Kwake Yesu nasimanma* / Here on Jesus Christ SNC 153

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 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, he is seated at the right hand of the Father, and he will come 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

Our God is a God of covenant and promise. Confident in that promise, let us bring before God our own needs and the needs of the world, saying, God, in your mercy, hear our prayer.

God, you call us into the community of the church, a world-wide family of those who believe and follow Jesus. We pray for our Primate Shane Parker, our Metropolitan Anne Germond, the National Indigenous

Archbishop Chis Harper. In our own Anglican family in the Diocese of Ottawa, we pray for . . . , elected diocesan bishop yesterday. Guide and strengthen . . . in this ministry, that together we may live faithfully and grow in love for you and in service to the world. God, in your mercy, **hear our prayer.**

God, we pray for this parish of All Saints. We give thanks for the leadership of the parish, both clergy and laity. We have come through a busy and testing time, and we are grateful for your presence with us in our difficulties. We pray that we may keep a holy Lent, and learn from Jesus how to take up our cross and follow him. God, in your mercy, **hear our prayer.**

God, Nicodemus came to Jesus by night, filled with curiosity and questions. There he heard the story of your love for the world. Help us to know that we are your beloved children. Give us inquiring and discerning hearts. Fill us with a desire to know you and to learn more of your ways. God, in your mercy, **hear our prayer.**

The psalmist says, “My help comes from the Lord who made heaven and earth.” We pray for those in any kind of need, remembering especially **Emily S.; Shari R.; Brian O.; Cinde C.; Rowan C.; Anthony R.; Sandy R.; David C.; Joyce O.; Kathy L.; Josie H.; Kathleen F.; Doris R.; Gail C.; Judy J.; Sue W.; John P.; Lois F-B ; Gwen B.;** and those we name silently or aloud. We pray for comfort and healing for them, and strength for those who care for them. God in your mercy, **hear our prayer.**

We pray for those who have died . . . and for those we name silently or aloud that they may have eternal rest. We pray for those who mourn that they may be comforted. God in your mercy, **hear our prayer.**

God of promise, we commend to your care all for whom we pray, in the confidence that your love for all of us is greater than anything we can know or imagine. Hear us, through Jesus Christ our Lord.

Amen.

CONFESSION AND ABSOLUTION

Dear friends in Christ, God is steadfast in love and infinite in mercy; welcoming sinners and inviting them 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.

Refrain



God, you have moved up-on the wa - ters, you have sung in the



rush of wind and flame; and in your love, you have called us sons and



daugh - ters, make us peo - ple of the wa - ter and your name.

Verses

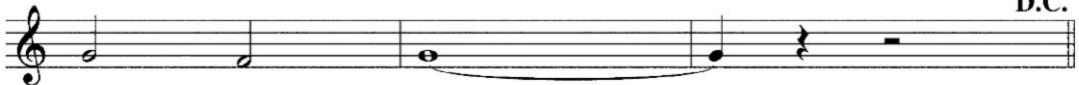


- | | |
|------------------------------------|--------------|
| 1. Come fill our wait - ing hearts | with the |
| 2. Give us a thirst for love, | give us a |
| 3. You are the breath of life, | you are the |
| 4. Come, o - pen ev - 'ry heart, | come now and |



spir - it of Je - sus,	let us shine	with your
hun - ger for jus - tice,	make us one	with the
hope of the hope - less,	come and fill	us with
wake us to won - der,	make us ves - sels	of

D.C.



light	and	peace.
mind	of	Christ.
light	and	peace.
light	and	peace.

Song Over the Waters*Refrain*

**God, you have moved upon the waters,
you have sung in the rush of wind and flame;**

and in your love, you have called us sons and daughters,
make us people of the water and your name.

Come fill our waiting hearts
with the spirit of Jesus,
let us shine with your light and peace. *Refrain*

Give us a thirst for love,
give us a hunger for justice,
make us one with the mind of Christ. *Refrain*

You are the breath of life,
you are the hope of the hopeless,
come and fill us with light and peace. *Refrain*

Come, open ev'ry heart,
come now and wake us to wonder,
make us vessels of light and peace. *Refrain*

PRAYER OVER THE GIFTS

God of wisdom,
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.**

EUCCHARISTIC PRAYER

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.

Blessed are you, gracious God,
creator of heaven and earth,
because you bid your faithful people
to cleanse their hearts and to
prepare with joy for the paschal feast;
that reborn through the waters of baptism
and renewed in the eucharistic mystery,
we may be more fervent in prayer and
more generous in the works of love.
Therefore we raise our voices to you in praise
to proclaim the glory of your name.

**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.**

We give thanks to you, Lord our God,
for the goodness and love
you have made known to us in creation;
in calling Israel to be your people;
in your Word spoken through the prophets;
and above all in the Word made flesh, Jesus your Son.

For in these last days you sent him to be incarnate from the Virgin
Mary, to be the Saviour and Redeemer of the world.
In him, you have delivered us from evil,
and made us worthy to stand before you.
In him, you have brought us out of error into truth,
out of sin into righteousness, out of death into life.

On the night he was handed over to suffering and death,
a death he freely accepted, our Lord Jesus Christ took bread;
and when he had given thanks to you,
he broke it, and gave it to his disciples,
and said, "Take, eat: this is my body which is given for you.
Do this for the remembrance of me."

After supper he took the cup of wine;
and when he had given thanks, he gave it to them,
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."

Therefore, Father, according to his command,
**we remember his death, we proclaim his resurrection, we await
his coming in glory;**

and we offer our sacrifice of praise
and thanksgiving to you, Lord of all;
presenting to you, from your creation,
this bread and this wine.

We pray you, gracious God,
to send your Holy Spirit upon these gifts,
that they may be the sacrament of the body of Christ
and his blood of the new covenant.
Unite us to your Son in his sacrifice,
that we, made acceptable in him,
may be sanctified by the Holy Spirit.

In the fullness of time,
 reconcile all things in Christ, and make them new,
 and bring us to that city of light where you dwell with all your sons and daughters;
 through Jesus Christ our Lord, the firstborn of all creation,
 the head of the Church, and the author of our salvation;
 by whom, and with whom, and in whom, in the unity of the Holy Spirit,
 all honour and glory are yours, almighty Father, now and for ever.
Amen.

THE LORD'S PRAYER

Our Fa - ther in heav - en, hal - lowed be your ho - ly name. Your king - dom
 5 come, your will be done, in all the earth as in heav - en, Your king - dom come, your will be
 10 done, in all the earth as in heav - en and give to us, give us this day our dai - ly
 15 bread, O Lord we pray. For - give our sins as we for - give those who have sinned a - gainst
 20 us, and save us in time of trial. De - liv - er us from e - vil. Yours is the
 25 king - dom, yours the pow - er yours is the glo - ry now and ev - er. Our Fa - ther in heav -
 30 - en. A men.

Our Father in Heaven/*Abana alathifi ssama*

**For original Arabic text, please see Sing a New Creation 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.

BREAKING OF THE BREAD

We break this bread,

Communion in Christ's body once broken.

Let your Church be 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 implore 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.**

LAMB OF GOD

Ya hamalaLah/Lamb of God

From Mass of the Holy Family - Yusuf Khill – Palestine



Ya ha - ma - la - Lah al - ha - mel kha - ta - yal -
O Lamb of God, you take a - way the

'a - lam Ir - ham na.
sins of the world, have mer - cy on us.

Ya ha - ma - la - Lah al - ha - mel kha - ta - yal - 'a - lam
O Lamb of God, you take a - way the sins of the world,

im - nah - na - sa - lam, im - nah - na - sa - lam, im - nah - na - sa - lam.
grant us your peace, grant us your peace, grant us your peace.

Ya hamalaLah/Lamb of God

Ya hamalaLah alhamel khataya'alam Irhamna. *Repeat*
Ya hamalaLah alhamel khataya'alam
innahnasalam, innahnasalam, innahnasalam.

*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

God Is With You

OL #63398

Do not fear for God is
with you, you are pre - cious in God's
sight, you are pre - cious in God's sight.

God Is With You

Do not fear for God is with you,
you are precious in God's sight,
you are precious in God's sight.

PRAYER AFTER COMMUNION

Creator of heaven and earth,
we thank you for these holy mysteries,
which bring us now a share in the life to come,
through 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 If You Only Have Faith/ *Si tuvieras fe* SNC 112

**If you only have faith, just like a little seed of
mustard:**

this is what Jesus has said. *Repeat*

You will be able to tell this mountain:

Move away! Move away! *Repeat*

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 8th, 2026

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

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 Broome and Elizabeth Harris
Readers: Peter Robertson and Christine Piper
Intercessor: Patricia Bays
Liturgical Min: Steve Sibbald
Euch. Mins: Marcie Taylor and Susannah Johnson
Servers: Hannah
Hospitality: Katy Burnett, Chris Helleur, Linda Phillips and Judy Wood

Our Diocesan Prayer Cycle:

- Our Diocesan Partners: Episcopal Diocese of Jerusalem and Archbishop Hosam Naoum. The Evangelical Lutheran Church in Canada, Bishop Larry Kochendorfer and Bishop Carla Blakley
- The Parish of Pakenham and all who minister there

Our Anglican (ACC), Lutheran (ELCIC) and Moravian (MOR):

- **ACC** The bishop, clergy, and people of the Diocese of Western Newfoundland
- **ELCIC** The dean, council, and congregations of the Georgian Bay and Huronia Areas of the Eastern Synod
- **MOR** The people and ministries of New Dawn Moravian Church in Toronto

Credits:

All Saints Anglican Church Westboro's Church CCLI License Number is 11196799 and One License Number is A-728801

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.

Front cover is a photo from the Parish Office

Weekly News from All Saints' Westboro

March 2nd – March 7th

This Week

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	12:30 pm to 2:00 pm	Choir	Church
	4:00 pm to 7:00 pm		Food Bank
	4:30 pm to 5:30 pm	Centering Prayer	Chapel
Saturday	10:00 am to 2:00 pm		New-to-You Shop

Saints Alive

Upcoming Events

TODAY! PAL Hour: Lenten Movie and Study Series will begin at **11:00 am** in the Chapel. We will be watching episodes of ***The Chosen*** that cover stories from Jesus' ministry. This week, we begin with the Christmas Story. Discussion will follow the showing. Please feel free to pick up some refreshments from the hall and join us in the Chapel.

TODAY! Jazz Vespers is today at **4:30 pm** in the **Chapel** with **Peter Brown and Chris Breitner**.

Men's Breakfast on **Tuesday, March 3rd at 8:15 am** will gather at Allo! Mon Coco at College Square (1377 Woodroffe Ave). All are welcome.

Praying with Paper Cranes – The story of Sadako Sasaki, the young girl who developed "atomic bomb disease" after the bombing tragedy in Hiroshima, Japan, during the Second World War. As a part of the Peace Crane Project, we are challenged by courageous young people, calling for our prayers and solidarity actions for peace. Our All Saints' Westboro community is invited to participate by folding paper cranes, complex or simple ones, each crane surrounded by our deepest prayers for peace all around the world. These cranes will be our spiritual practice for the Season of Lent and into the Season of Easter. We hope to achieve an exchange with other communities who are also taking part in this project. More information can be found at <https://peacecraneproject.org/>

Guest preacher on March 8th—Dr. Patricia Bays. To mark the 40th anniversary of women ordination in The Anglican Church of Canada and the International Women's Day, we have invited Patricia Bays to preach during our Sunday Services (8:00 am and 9:30 am).

Daylight Saving – Spring Forward on **March 8** and move your clocks 1 hour ahead to accommodate daylight saving time. It will help you get to church on time.

RESCHEDULED! Aging with Grace: Services to Stay at Home will be rescheduled for **March 21** (Saturday) from 10:00 am to 1:00 pm, with an optional lunch at 1:00 pm for fellowship and conversation. Please register once again with the Parish Office and let us know if you will be staying for lunch. Thank you. This event is open to all.

New-to-You Shop March Sale: Come and shop at our thrift shop! You never know what you may find in the shop! The proceeds go to support the ministries of All Saints' Westboro.

Meredith Macdonnell Memorial Evensong: Michael Norman's brother-in-law, Meredith Macdonnell, passed away on Dec 31st, 2025. There will be a memorial Evensong for Meredith at **4:00 pm** on **Sunday, March 22nd** at St. Thomas-the-Apostle Anglican church on Alta Vista Drive, presented by the Ottawa Choral Workshops choir, directed by Roland Graham. Music by Smith, Stanford, Willan, Hallock and Tye.