



**St. Mary
& St. Martha**
ANGELICAN CHURCH



Fifth Sunday of Lent

Sunday, March 17, 2024

Morning Prayer

10:30 am

Welcome to St. Mary & St. Martha!

This booklet will hopefully help make you feel more comfortable, especially if this is new to you.

Liturgical worship simply means we follow a particular order of service that is grounded in liturgy or "the work of the people". We use a liturgical form of service for our gatherings because we are not putting on a show for people to watch. Rather, the liturgy walks us through the wonderful story of Jesus Christ in a sequence that brings home the good news of God's grace to us. Each week we are brought back to the strange and amazing story of God with us. Today, our service is grounded in Book of Common Prayer (BCP), which finds its roots in the original prayer book when the Anglican Church began in the 1500s. The BCP is basically scripture, re-ordered.

If this is new to you please join in only when you are comfortable. You'll get the hang of it after a few goes. Look out for **Stand, Sit,** and **Sit/Kneel** instructions or just follow what your neighbour is doing (assuming they have been here before). In general, we stand to praise, sit to learn and sit/kneel to pray. Bold print directs you to join in unison.

We recognize the enduring presence of Indigenous people connected to and on this land. We are grateful for the opportunity to gather on this territory and work in this community, and we commit ourselves to the work of reconciliation with Indigenous peoples.

Welcome

Stand

The Rev. Canon Mark Regis, Rector (*Sr. Pastor*)

Preparation

Opening Response

Sit/Kneel

O Lord, open our lips

and our mouth shall proclaim your praise.

Hear our voice, O Lord, according to your faithful love,
according to your judgement give us life.

Opening Prayer

Sit/Kneel

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

As we rejoice in the gift of this new day, so may the light of your
presence, O God, set our hearts on fire with love for you; now and
for ever. **Amen.**

Prayer of Thanksgiving

Sit/Kneel

Blessed are you, Sovereign God, king of the nations, to you be
praise and glory for ever. From the rising of the sun to its setting
your name is proclaimed in all the world. As the Sun of
Righteousness dawns in our hearts anoint our lips with the seal of
your Spirit that we may witness to your gospel and sing your
praise in all the earth. Blessed be God, Father, Son and Holy Spirit.
Blessed be God for ever.

Youth & Children's Dismissal

Sit

Young people are invited to follow their leaders to their programming

Call to Worship: Blessed Assurance

Stand

Blessed assurance Jesus is mine
O what a foretaste of glory divine
Heir of salvation purchase of God
Born of His Spirit washed in His blood

*This is my story this is my song
Praising my Saviour all the day long
This is my story this is my song
Praising my Saviour all the day long*

Perfect submission perfect delight
Visions of rapture now burst on my sight
Angels descending bring from above
Echoes of mercy whispers of love

Perfect submission all is at rest
I in my Saviour am happy and blest
Watching and waiting looking above
Filled with His goodness lost in His love

Form of Penitence

Sit/Kneel

Come, Holy Spirit of God,
and search our hearts with the light of Christ.

Our Lord Jesus Christ said:

The first commandment is this: 'Hear, O Israel, the Lord our God is the only Lord. You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.'

The second is this: 'Love your neighbour as yourself.' There is no other commandment greater than these. On these two commandments hang all the law and the prophets.

Amen. Lord, have mercy.

Come, let us return to the Lord and say:

Lord our God, in our sin we have avoided your call. Our love for you is like a morning cloud, like the dew that goes away early. Have mercy on us; deliver us from judgement; bind up our wounds and revive us; in Jesus Christ our Lord. Amen.

Almighty God our heavenly Father, who in his great mercy has promised forgiveness of sins to all who turn to him with heartfelt repentance and true faith: have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to eternal life, through Jesus Christ our Lord. **Amen.**

Venite (Psalm 95): O Come and Sing Unto the Lord

Stand

O come and sing unto the Lord,
To Him our voices raise;
Let us in our most joyful songs
The Lord, our Saviour, praise.

Before His presence let us come
With praise and thankful voice;
Let us sing psalms to Him with grace,
With grateful hearts rejoice.

The Lord our God is King of Kings,
Above all gods His throne;
The depths of earth are in His hand,
The mountains are His own.

To Him the spacious sea belongs,
He made its waves and tides;
And by His hand the rising land
Was formed, and still abides.

O come, and bowing down to Him
Our worship let us bring;
Yea, let us kneel before the Lord,
Our Maker and our King.

The Word of God

First Reading

Sit

A reading from the letter to the Hebrews, chapter nine, beginning at the eleventh verse.

¹¹But when Christ came as high priest of the good things that are now already here, he went through the greater and more perfect tabernacle that is not made with human hands, that is to say, is not a part of this creation. ¹²He did not enter by means of the blood of goats and calves; but he entered the Most Holy Place once for all by his own blood, so obtaining eternal redemption. ¹³The blood of goats and bulls and the ashes of a heifer sprinkled on those who are ceremonially unclean sanctify them so that they are outwardly clean. ¹⁴How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God!

¹⁵For this reason Christ is the mediator of a new covenant, that those who are called may receive the promised eternal inheritance – now that he has died as a ransom to set them free from the sins committed under the first covenant.

Hebrews 9.11-15

This is the word of the Lord.

Thanks be to God.

Psalm

Sit

Psalm 99 will be read responsively, by whole verse.

¹The LORD reigns,
let the nations tremble;
he sits enthroned between the cherubim,
let the earth shake.

²**Great is the LORD in Zion;**
he is exalted over all the nations.

³ Let them praise your great and awesome name –
he is holy.

⁴ **The King is mighty, he loves justice –
you have established equity;
in Jacob you have done
what is just and right.**

⁵ Exalt the LORD our God
and worship at his footstool;
he is holy.

⁶ **Moses and Aaron were among his priests,
Samuel was among those who called on his name;
they called on the LORD
and he answered them.**

⁷ He spoke to them from the pillar of cloud;
they kept his statutes and the decrees he gave them.

⁸ **LORD our God,
you answered them;
you were to Israel a forgiving God,
though you punished their misdeeds.**

⁹ Exalt the LORD our God
and worship at his holy mountain,
for the LORD our God is holy.

Psalm 99

Glory to the Father, and to the Son, and to the Holy Spirit; **As it
was in the beginning, is now, and ever shall be, world without
end. Amen.**

Gospel Hymn: Just As I Am

Stand

Just as I am, without one plea,
but that thy blood was shed for me,
and that thou biddest me come to thee,
O Lamb of God, I come, I come.

Just as I am, though tossed about
with many a conflict, many a doubt,
fightings and fears within, without,
O Lamb of God, I come, I come.

Just as I am, and waiting not
to rid my soul of one dark blot,
to thee, whose blood can cleanse each spot,
O Lamb of God, I come, I come.

Just as I am, thou wilt receive,
wilt welcome, pardon, cleanse, relieve;
because thy promise I believe,
O Lamb of God, I come, I come.

Gospel

Stand

Hear the Gospel of our Lord Jesus Christ according to John chapter eight, beginning at the forty-sixth verse.

Glory to you, O Lord.

⁴⁶Can any of you prove me guilty of sin? If I am telling the truth, why don't you believe me? ⁴⁷Whoever belongs to God hears what God says. The reason you do not hear is that you do not belong to God.'

⁴⁸The Jews answered him, 'Aren't we right in saying that you are a Samaritan and demon-possessed?'

⁴⁹'I am not possessed by a demon,' said Jesus, 'but I honour my Father and you dishonour me. ⁵⁰I am not seeking glory for myself; but there is one who seeks it, and he is the judge. ⁵¹Very truly I tell you, whoever obeys my word will never see death.'

⁵²At this they exclaimed, 'Now we know that you are demon-possessed! Abraham died and so did the prophets, yet you say that whoever obeys your word will never taste death. ⁵³Are you greater than our father Abraham? He died, and so did the prophets. Who do you think you are?'

⁵⁴ Jesus replied, 'If I glorify myself, my glory means nothing. My Father, whom you claim as your God, is the one who glorifies me. ⁵⁵ Though you do not know him, I know him. If I said I did not, I would be a liar like you, but I do know him and obey his word. ⁵⁶ Your father Abraham rejoiced at the thought of seeing my day; he saw it and was glad.'

⁵⁷ 'You are not yet fifty years old,' they said to him, 'and you have seen Abraham!'

⁵⁸ 'Very truly I tell you,' Jesus answered, 'before Abraham was born, I am!'⁵⁹ At this, they picked up stones to stone him, but Jesus hid himself, slipping away from the temple grounds.

John 8.46-59

This is the Gospel of the Lord.

Praise to you, O Christ.

The Apostles Creed

Stand

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his 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.

Worship: Lord, Who Throughout These Forty Days

Stand

Lord who throughout these forty days

For us did fast and pray

Teach us with You to mourn our sins

And close by You to stay

As You with Satan did contend

And did the victory win

O give us strength in You to fight

In You to conquer sin

As You did hunger and did thirst

So teach us gracious Lord

To die to self and so to live

By Your most holy word

Instrumental interlude

And thro' these days of penitence

And thro' Your passion tide

Forevermore in life and death

O Lord with us abide

Abide with us that through this life

Of doubts and hope and pain

As Easter of unending joy

We may at last attain

Sermon

Sit

Dr. Michael Brain, Parish Ministry Coordinator

You can also view our sermons again online at stmaryandstmartha.org

The silence of Lent

Offertory

In our offertory, we offer our praise and thanksgiving and the gifts of ourselves and our service to the glory of God. To financially support the ongoing gospel ministry of St. Mary & St. Martha you can donate as the plate is passed or find options on our website at:

www.stmaryandstmartha.org/give

Offertory Worship: What Wondrous Love Is This

Sit

What wondrous love is this, O my soul, O my soul!

What wondrous love is this, O my soul!

What wondrous love is this that caused the Lord of bliss
to bear the dreadful curse for my soul, for my soul,
to bear the dreadful curse for my soul!

When I was sinking down, sinking down, sinking down,
when I was sinking down, sinking down,
when I was sinking down beneath God's righteous frown,
Christ laid aside his crown for my soul, for my soul,
Christ laid aside his crown for my soul.

To God and to the Lamb I will sing, I will sing;
to God and to the Lamb I will sing;
to God and to the Lamb, who is the great I AM
while millions join the theme, I will sing, I will sing,
while millions join the theme, I will sing.

And when from death I'm free, I'll sing on, I'll sing on,
and when from death I'm free, I'll sing on.
And when from death I'm free I'll sing and joyful be,
and through eternity I'll sing on, I'll sing on,
and through eternity I'll sing on.

The Doxology

Stand

Praise God from whom all blessings flow!

Praise Him all creatures here below!

Praise Him above ye heavenly host!

Praise Father, Son and Holy Ghost. Amen.

Lord God of all, accept our offering of our resources this day, but also the offering of our lives. Help us to live simply, generously, and courageously, that our lives may point to you. **Amen.**

Prayers

Sit/Kneel

Prayers of Intercession

Everlasting God, your Son chose twelve disciples to work together to spread the good news of the gospel. Guide us as we work together in our community for the common good. May we delight in sharing in each other's spiritual gifts and encourage everyone to make their own contribution, however small.

We offer you our prayers, responding to the petition Lord, in your mercy, with hear our prayer.

Gracious God, we pray for the whole family of your Church here in Toronto. May all your people be built up in faith and demonstrate in their lives the gospel of Jesus Christ. Bind us to the life of the Church throughout the world, through our prayers and by our gifts of money and service during this season of Lent and beyond. Give courage to those who find it hard to follow you. Give us a fresh vision of your glory and strengthen us to serve you in the places where we live.

Lord, in your mercy; **hear our prayer.**

Creator God, we pray for peace in our world. May all lands that suffer violence and injustice find peace and reconciliation. We pray for the peoples of the world and all who offer their services in the leadership of the affairs of the world, that they may uphold what is right and good. We pray for peace in all places where there is violence, war, and terrorism.

Lord, in your mercy; **hear our prayer.**

Father God, we thank you for all those who serve our community through their jobs, voluntary work, and neighbourliness. Show us where we might be supportive and encouraging, and give us courage to step into situations where we can serve. Bless our neighbours and strengthen those who are working in your name to bring healing and comfort to those in need.

Lord, in your mercy; **hear our prayer.**

Merciful God, your Son Jesus Christ healed the lame with a touch and raised the dead with a word: hear our prayers today for those who are laid low by sorrow and illness, or by fear and weakness; breathe new life into them as we name them before you now.

Lord, in your mercy; **hear our prayer.**

Merciful God, we thank you that our movement towards death is not the final sentence in our life story. We thank you that by your faithfulness we are born to a new and living hope in a future where love will never die and life will never end. Give us faith as we pray for those who have departed this earthly life.

Lord, in your mercy; **hear our prayer.**

Loving God as we go forth from this time of worship, we remember that you can do infinitely more than we can ask or imagine. Hear our prayers for all your creation and gather us in the embrace of your abundant and life-giving Spirit.

Merciful Father: **accept these prayers for the sake of your Son, our Saviour, Jesus Christ. Amen.**

The Collects

Sit/Kneel

Almighty God, mercifully look upon your people, so that we may always be governed and preserved by your great goodness, both in body and soul, through Jesus Christ our Lord. **Amen.**

Collect for Lent

Let us pray for grace to keep Lent faithfully.

Almighty and everlasting God, you hate nothing that you have made and forgive the sins of all those who are penitent: create and make in us new and contrite hearts that we, worthily lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. **Amen.**

Collect for the King

Everlasting God, we pray for our King. Bless his reign and the life of our nation. Help us to work together so that truth and justice, harmony and fairness flourish among us; through Jesus Christ our Lord. **Amen.**

Collect for Peace

O God, the author of peace and lover of goodwill, the knowledge of whom provides us eternal life, the service to whom makes us free: defend us your humble servants in all assaults of our enemies; that, trusting in your protection, we may not fear the power of any adversaries; through the might of Jesus Christ our Lord. **Amen.**

Collect for Grace

O Lord our Heavenly Father, Almighty and Everlasting God, who has safely brought us to the beginning of this day: Defend us with your mighty power, and grant that this day we neither fall into any sin nor run into any kind of danger; rather, govern and guide us at all times, so that we may do always what is right in your sight; through Jesus Christ our Lord. **Amen.**

The Lord's Prayer

Sit/Kneel

Lord Jesus, remember us in your kingdom and teach us to pray.

Our Father who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven.

Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. For thine is the kingdom, the power, and the glory, for ever and ever. Amen.

Conclusion

The Blessing

Sit/Kneel

Christ give you grace to grow in holiness, to deny yourselves, take up our cross, and follow him; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

Announcements

Sit

Closing Worship: We Will Feast in the House of Zion

Stand

We will feast in the house of Zion

We will sing with our hearts restored

He has done great things we will say together

We will feast and weep no more

We will not be burned by the fire

He is the Lord our God

We are not consumed by the flood

Upheld protected gathered up

In the dark of night before the dawn

My soul be not afraid

For the promised morning oh how long

Oh God of Jacob be my strength

Every vow we've broken and betrayed
You are the faithful one
And from the garden to the grave
Bind us together bring shalom

Sending Out

Stand

Followers of Jesus, inspired by the Holy Spirit, serve the world
God loves!

Let us bless the Lord.

Thanks be to God.

In our prayers this week:

The Anglican Communion

The Church in Wales

The Anglican-Lutheran Cycle of Prayer

ACC: The Rt. Rev. Mary Irwin-Gibson, Bishop,
and the people and clergy of the Diocese of Montreal

ELCIC: The Assistant to the Bishop and the staff of
the Manitoba-Northwestern Ontario Synod

Diocese of Toronto

Etobicoke-Humber Deanery

Outreach

Church of the Resurrection; San Lorenzo, Dufferin;
St. Aidan, Toronto

St. Mary & St. Martha

Barbara Franklin; Cate Gardner; Winsome Gayle

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Weekly Announcements

(see the Weekly Happenings email for further information)

Welcome to all those who are new or visiting St. Mary & St. Martha - we are glad you are here! To find out more about SM&SM, please fill out a connection card from the welcome desk for scan the QR code to fill out an online, you may also speak with a member of the Ministry Team (anyone with a name tag). We also have a weekly newsletter with all the updates about life at SM&SM. Email the office (office@stmaryandstmartha.org) or visit our website (stmaryandstmartha.org) to subscribe. We are excited to meet you!

Young People jk to grade 12 are invited to participate Children's and Youth Ministry today and will be dismissed to their programming during the call to worship. There is an updated **Play & Praise area** available at the back of the sanctuary with toys and activities for families.

Support for WAES Food Bank March we're focusing on gathering items that support elementary school children's healthy lunches; including fruit cups, granola bars, juice boxes, individual ready to eat servings of pasta or soups (shelf stable), peanut or nut butters, and jam. Your support makes a tangible difference.

Easter Invitations please take at least 2 invitations, one for yourself and one to invite someone to Church this Easter.

Palm Cross Making Join us on March 23rd at 10:30am in the Parish Hall for palm cross making. All members of the community are invited to come out and help prepare for Palm Sunday. Contact the office for more details.

Easter Memorial Flowers Donations are gratefully accepted until March 21st for those who would like to contribute to the decoration of our sanctuary for the Easter Season. Reach out to Michael or Audrey for details.

Next Sunday, March 24th @ 10:30

Gather: United in Prayer

Philippians 2.5-11, and Matthew 24.1-54

Worship:
Sunday @ 10:30am
Wednesday @ noon

Upcoming Dates of Note:

- March 23 - Palm Cross Making
- March 24 - Palm Sunday, Jesus Enters Jerusalem as King
- March 27 - Tenebrae Service (7pm), Candle Light Service
- March 28 - Maundy Thursday (7pm), Maundy Thursday, the Last Supper and Betrayal of Jesus with Simple Supper @6pm
- March 29 - Good Friday (10:30 am), At the Foot of Jesus' Cross @ 10:30am
- March 31 - Easter Sunday, Celebration of the Resurrection @10:30 am

Ministry Team

The Rev. Canon Mark Regis, Rector | mark@stmaryandstmartha.org | 647 272 4574

Sonya Lawley, Lay Pastoral Associate | sonya@stmaryandstmartha.org | 416 474 2549

Michael Brain, Parish Ministry Coordinator | michael@stmaryandstmartha.org

Avery MacGregor, Family Ministries Pastor | avery@stmaryandstmartha.org

Nicholas Wanstall, Music Ministry Director | nick@stmaryandstmartha.org

Wardens

Cate Gardner, People's Warden
Shirley Radley, Deputy Warden

Fitzroy Thomas, Rector's Warden
Queenie Seiloo, Deputy Warden

Parish Office is opened Monday through Thursday 10:30am – 3:30pm

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