



**St. Mary  
& St. Martha**  
ANGLICAN CHURCH

# Gather

United in Prayer



The Fifth Sunday of Easter

**Sunday, April 28, 2024**

Holy Communion

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.

## The Gathering

*Stand*

The Lord be with you;  
**and also with you.**

Alleluia. Christ is risen.  
**He is risen indeed. Alleluia.**

**Call to Worship:** Joyful, Joyful We Adore Thee

*Stand*

Joyful, joyful, we adore thee,  
God of glory, Lord of love;  
Hearts unfold like flowers before thee,  
Opening to the sun above.  
Melt the clouds of sin and sadness;  
Drive the dark of doubt away;  
Giver of immortal gladness,  
Fill us with the light of day!

All thy works with joy surround thee,  
Earth and heav'n reflect thy rays,  
Stars and angels sing around thee,  
Center of unbroken praise.  
Field and forest, vale and mountain,  
Flow'ry meadow, flashing sea,  
Singing bird and flowing fountain  
Call us to rejoice in thee.

Thou art giving and forgiving,  
Ever blessing, ever blest,  
Wellspring of the joy of living,  
Ocean depth of happy rest!  
Thou our Father, Christ our Brother,  
All who live in love are thine;  
Teach us how to love each other,  
Lift us to the joy divine.

## Welcome

*Sit*

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

## Prayers of Preparation

*Sit/Kneel*

Almighty God to whom all hearts are open, all desires known, and from whom 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.

## The Great Commandments

*Sit/Kneel*

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.

**Lord, have mercy upon us,  
and write all these your laws in our hearts.**

## The Collects

*Sit/Kneel*

### Collect for the Fifth Sunday of Easter

Almighty God, who through your only-begotten Son Jesus Christ have overcome death and opened to us the gate of everlasting life: grant that, as by your grace going before us you put into our minds good desires, so by your continual help we may bring them to good effect; through Jesus Christ our risen Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and forever. **Amen.**

## Youth & Children's Dismissal

*Sit*

*Young people are invited to follow their leaders to their program.*

**Worship:** Here I Am Lord

I, the Lord of sea and sky  
I have heard my people cry  
All who dwell in dark and sin  
My hand will save  
I, who made the stars of night  
I will make their darkness bright  
Who will bear my light to them?  
Whom shall I send?

*Here I am, Lord. Is it I, Lord?  
I have heard you calling in the night  
I will go, Lord, if you lead me  
I will hold your people in my heart.*

I, the Lord of snow and rain  
I have borne my people's pain  
I have wept for love of them  
They turn away  
I will break their hearts of stone,  
Give them hearts for love alone.  
I will speak my word to them.  
Whom shall I send?

I, the Lord of wind and flame,  
I will tend the poor and lame.  
I will set a feast for them.  
My hand will save.  
Finest bread I will provide  
Till their hearts be satisfied.  
I will give my life to them.  
Whom shall I send?

## Proclamation of the Word

### First Reading

*Sit*

A reading from the book of James chapter one, beginning at the seventeenth verse.

<sup>17</sup> Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. <sup>18</sup> He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created.

<sup>19</sup> My dear brothers and sisters, take note of this: everyone should be quick to listen, slow to speak and slow to become angry, <sup>20</sup> because human anger does not produce the righteousness that God desires. <sup>21</sup> Therefore, get rid of all moral filth and the evil that is so prevalent, and humbly accept the word planted in you, which can save you.

*James 1:17-21*

This is the word of the Lord.

**Thanks be to God.**

### Psalm

*Sit*

Psalm 22 will be read responsively, by whole verse.

<sup>25</sup> From you comes the theme of my praise in the great assembly;  
before those who fear you I will fulfil my vows.

<sup>26</sup> **The poor will eat and be satisfied;  
those who seek the Lord will praise him –  
may your hearts live for ever!**

<sup>27</sup> All the ends of the earth  
will remember and turn to the Lord,  
and all the families of the nations  
will bow down before him,

<sup>28</sup> **for dominion belongs to the Lord  
and he rules over the nations.**

<sup>29</sup> All the rich of the earth will feast and worship;  
all who go down to the dust will kneel before him –  
those who cannot keep themselves alive.

<sup>30</sup> **Posterity will serve him;  
future generations will be told about the Lord.**

<sup>31</sup> They will proclaim his righteousness,  
declaring to a people yet unborn:  
He has done it!

*Psalm 22:25-31*

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 Acclamation:** Halle, halle, hallelujah!

*Stand*

Halle, halle, hallelujah! (x3)

Hallelujah! Hallelujah!

**Gospel Reading**

*Stand*

Hear the Gospel of our Lord Jesus Christ according to John chapter sixteen, beginning at the fifth verse.

**Glory to you, O Lord.**

<sup>5</sup> Now I am going to him who sent me. None of you asks me, “Where are you going?” <sup>6</sup> Rather, you are filled with grief because I have said these things. <sup>7</sup> But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you. <sup>8</sup> When he comes, he will prove the world to be in the wrong about sin and righteousness and judgment: <sup>9</sup> about sin, because people do not believe in me; <sup>10</sup> about righteousness, because I am going to the Father, where you can see me no longer; <sup>11</sup> and about judgment, because the prince of this world now stands condemned.

<sup>12</sup>‘I have much more to say to you, more than you can now bear. <sup>13</sup>But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. <sup>14</sup>He will glorify me because it is from me that he will receive what he will make known to you. <sup>15</sup>All that belongs to the Father is mine. That is why I said the Spirit will receive from me what he will make known to you.’

*John 16:5-15*

This is the Gospel of the Lord.  
**Praise to you, O Christ.**

**Gospel Acclamation** *continued*

## **The Nicene Creed**

*Stand*

Do you believe and trust in God the Father?

**We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.**

Do you believe and trust in his Son Jesus Christ?

**We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven, was incarnate from the Holy Spirit and the Virgin Mary and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.**



Do you believe and trust in the Holy Spirit?

**We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.**

**Worship:** O Love, How Deep, How Broad, How High

*Stand*

O love, how deep, how broad, how high!

It fills the heart with ecstasy,  
that God, the Son of God, should take  
our mortal form for mortals' sake.

God sent no angel to our race,  
of higher or of lower place,  
But wore the robe of human frame  
for us, and to this lost world came.

For us he was baptized, and bore  
his holy fast, and hungered sore;  
for us temptations sharp he knew;  
for us the tempter overthrew.

For us he prayed, for us he taught,  
For us his daily works he wrought;  
By words and signs, and actions, thus  
still seeking not himself but us.

## **Sermon**

*Sit*

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

*You can also view our sermons again online at [stmaryandstmartha.org](http://stmaryandstmartha.org)*

**Reflection:** Instrumental

*Sit*

## Offertory

*Sit*

*In our offertory we offer our praise and thanksgiving and the gifts of bread and wine to the glory of God. We also offer our financial support to the ongoing gospel ministry of St. Mary & St. Martha.*

*For electronic means of giving, visit our website at:*

**[www.stmaryandstmartha.org/give](http://www.stmaryandstmartha.org/give)**

*Everything we do it made possible by those who give, serve, and pray.*

**Offertory Anthem:** Lead Me, Lord

*Sit*

**Prayer at the Preparation of the Table**

*Sit*

Creator of all, you wash away our sins, you give us new birth by the Spirit, and redeem us in the blood of Christ. As we celebrate the resurrection, renew your gift of life within us. We ask this in the name of Jesus Christ our Lord. **Amen.**

**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.

Gracious God, through the resurrection of our Lord Jesus, you have given immeasurable grace to us. May our offerings reflect the grace we have received and symbolize lives committed to the service of our risen Lord. **Amen.**

**Prayers of Intercession**

*Sit/Kneel*

We pray for God's grace. Lord, receive our praise,  
**and hear our prayer.**

We pray for the Church of Christ throughout the world, that through your Holy Spirit, your people would be fervent in zeal and empowered to witness to your gospel. Strengthen your Church in those places in the world where Christians experience persecution. Lord, receive our praise; **and hear our prayer.**

We pray for the world. We lift up those who suffer poverty and injustice, who live in areas of conflict and turmoil. We pray for the leaders of the nations, that they would submit to your justice and govern their peoples righteously, seeking the well-being and benefit of all who are entrusted to their leadership.

Lord, receive our praise; **and hear our prayer.**

We pray for those who are in need in this community. We pray for love, peace, and restoration within families; heal us and bring forgiveness. We pray for those who are sick, and for those who are in any kind of need, of mind, body, and soul.

Lord, receive our praise; **and hear our prayer.**

We give you thanks for all your blessings. For redemption from sin and hope of eternal life through the death and resurrection of Jesus Christ. For your provision for our needs, and for your great promises. For this community of St. Mary & St. Martha, and all the good things you are doing in our midst. Make our voices one with all your people in heaven and on earth. **Amen.**

## **Prayers of Penitence**

*Sit/Kneel*

Christ our Passover lamb has been sacrificed for us. Let us therefore rejoice by putting away all malice and evil and confessing our sins with a sincere and true heart.

Almighty God, **Father of our Lord Jesus Christ, maker of all things, judge of all, we acknowledge and confess our many sins, which we have committed by thought, word, and deed, against your divine majesty. We earnestly repent, and are truly sorry for all our misdoings. Have mercy on us, most merciful Father. For your Son our Lord Jesus Christ's sake forgive us all that is past, and grant that from now on we may always serve and please you in lives wholly renewed by your Spirit, to the honour and glory of your name, through 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.**

## **Consecration**

*Sit/Kneel*

Listen to our Lord Jesus Christ's words of assurance to all who truly turn to him:

Come to me, all you who are weary and burdened, and I will give you rest. *Matthew 11: 28*

For God so loved the world that he gave his one and only Son that whoever believes in him shall not perish but have eternal life.

*John 3: 16*

The apostle Paul says: Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners.

*1 Timothy 1: 15*

The apostle John also says: If anybody does sin, we have one who speaks to the Father in our defence-Jesus Christ, the Righteous One. He is the atoning sacrifice for our sins. *1 John 2: 1-2*

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

Lift up your hearts.

**We lift them up to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give him thanks and praise.**

It is indeed right, our duty and our joy, always and everywhere to give you thanks, almighty and eternal Father, and in these days of Easter to celebrate with joyful hearts the memory of your wonderful works. For by the mystery of his passion, Jesus Christ, your risen Son, has conquered the powers of death and hell and restored in men and women the image of your glory.

He has placed them once more in paradise and opened to them the gate of life eternal. And so, in the joy of this Passover, earth and heaven resound with gladness, while angels and archangels and the powers of all creation sing forever the hymn of your glory:

**Holy, holy, holy Lord,  
God of power and might,  
heaven and earth of your glory are full.  
Hosanna hosanna hosanna in the highest.**

**Blessed is he who comes  
in the name of the Lord. (repeat)**

Almighty God, our heavenly Father, in your tender mercy you gave your only Son Jesus Christ to suffer death upon the cross for our redemption. He made there, by his once and for all offering of himself, a full, perfect, and sufficient sacrifice for the sins of the whole world. He instituted and in his holy gospel commands us to continue a perpetual memory of his precious death until he comes again.

Hear us, O merciful Father, we humbly pray, and grant that we who receive this bread and wine according to your Son Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood.

On the night that Jesus was betrayed he took bread and, when he had given thanks, he broke it and gave it to his disciples, saying:

Take, eat; this is my body which is given for you. Do this in remembrance of me.

In the same way, after supper, Jesus took the cup and, when he had given thanks, he gave it to them, saying:

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. Do this, as often as you drink it, in remembrance of me.

Accept through Jesus Christ, our great high priest, this our sacrifice of praise and thanksgiving; and as we eat and drink these holy gifts, grant by the power of the life-giving Spirit that we may be made one in your holy Church and partakers of the body and blood of your Son, that he may dwell in us and we in him:

Through the same Jesus Christ our Lord, by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, Almighty Father, for ever and ever. **Amen.**

The risen Christ came and stood among his disciples and said, 'Peace be with you.' Then they were glad when they saw the Lord. Alleluia.

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

**We do not presume to come to this your table, merciful Lord, trusting in our own righteousness, but in your manifold and great mercies. We are not worthy so much as to gather up the crumbs under your table. But you are the same Lord whose nature is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of your dear Son Jesus Christ and to drink his blood, that our sinful bodies may be made clean by his body, and our souls washed through his most precious blood, and that we may evermore dwell in him, and he in us. Amen.**

In person and at home, together, we share in this heavenly meal and declare; **though we are many, we are one body, because we all share in one bread.**

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

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

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

Alleluia. Christ our Passover is sacrificed for us.  
Therefore let us keep the feast. Alleluia.

## **Communion**

Sit

*All those who have placed their trust in Jesus as Saviour and Lord, being baptized in any Christian denomination, are welcome to the Lord's table. Please follow the directions of our welcome team. Gluten-free wafers are available upon request from the communion administrant.*

### **Communion Worship:** I Come With Joy

I come with joy, a child of God,  
forgiven, loved and free,  
the life of Jesus to recall,  
in love laid down for me.

I come with Christians far and near  
to find, as all are fed,  
the new community of love  
in Christ's communion bread.

As Christ breaks bread, and bids us share,  
each proud division ends.  
The love that made us, makes us one,  
and strangers now are friends.

The Spirit of the risen Christ,  
unseen, but ever near,  
is in such friendship better known,  
alive among us here.

Together met, together bound  
by all that God has done,  
we'll go with joy, to give the world  
the love that makes us one.

**Communion Worship:** One Bread, One Body

*One bread, one body, one Lord of all,  
One cup of blessing which we bless  
And we, though many, throughout the earth,  
We are one body in this one Lord.*

Gentile or Jew, servant or free,  
Woman or man, no more.

Many the gifts, many the works,  
One in the Lord of all.

Grain for the fields, scattered and grown,  
Gathered to one for all.

**The Lord's Prayer**

*Sit/Kneel*

Rejoicing in God's new creation, let us pray with confidence as our Saviour has taught us.

**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.**

**Prayer After Communion**

Eternal God, whose Son Jesus Christ is the way, the truth, and the life: grant us to walk in his way, to rejoice in his truth, and to share his risen life; who is alive and reigns, now and for ever. **Amen.**



## The Sending

### The Blessing

*Sit/Kneel*

The God of peace, who brought again from the dead our Lord Jesus, that great shepherd of the sheep, make you perfect in every good work to do his will; 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: All People That On Earth Do Dwell

*Stand*

All people that on earth do dwell,  
sing to the Lord with cheerful voice;  
Him serve with mirth, His praise forth-tell;  
come ye before Him and rejoice!

Know that the Lord is God indeed;  
without our aid He did us make;  
we are His flock, He doth us feed,  
and for His sheep He doth us take.

O enter then His gates with praise,  
approach with joy His courts unto;  
praise, laud, and bless His name always,  
for it is seemly so to do.

For why, the Lord our God is good;  
His mercy is forever sure;  
His truth at all times firmly stood,  
and shall from age to age endure.

### The Dismissal

*Stand*

Go in the peace of Christ. Alleluia, alleluia.  
**Thanks be to God. Alleluia, alleluia.**

*In our prayers this week:*

**The Anglican Communion**

The Church of Bangladesh

**The Anglican-Lutheran Cycle of Prayer**

ACC: The Most Rev. Anne Germond, Bishop, the Most Rev. Fred Hiltz, Assisting Bishop, the Rt. Rev. Victoria Matthews, Episcopal Administrator, and the clergy and people of the Diocese of Moosonee

ELCIC: The congregations of the Winnipeg area of the Manitoba-Northwestern Ontario Synod

**Diocese of Toronto**

Durham & Northumberland Deanery

**Outreach**

St. David Anglican-Lutheran Church, Orillia;  
St. David Donlands-St. Andrew; St. Dunstan of Canterbury

**St. Mary & St. Martha**

Janet and Lloyd Jack; Karen Derby; Linda Janetakes

# Weekly Announcements

(see the Weekly Happenings email for further information)

## Welcome!

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](mailto:office@stmaryandstmartha.org)) or visit our website ([stmaryandstmartha.org](http://stmaryandstmartha.org)) to subscribe. We are excited to meet you!

## The Chosen, Season 2

The watch party for The Chosen, Season 2 continues after the morning service. Help yourself to refreshments in the Parish Hall, and then come back to the sanctuary at 12:30pm as we watch the show together.

## Mary & Martha Book Club: Don Richardson, *Eternity In Their Hearts*

The Mary & Martha Book Club (MMBC) meets on Tuesday at 7pm on Zoom. During this session we are reading *Eternity In Their Hearts*, by Don Richardson, who recounts from his missionary work the ways that people of different cultures have been prepared for the gospel. Reach out to the office for details.

## Drawing Drop-In

The next drawing drop-in will be this Saturday, May 4th at 10:30am for everyone 18+. Bring your own materials, or use what we have on hand. Tea and coffee available. Feel free to invite your neighbours! Contact Ruthia for details.

## Support for WAES Food Bank

Holy Week & Easter Season we're focusing on gathering items support meals for large families; large bags of beans and rice, value size jars of pasta sauce, family size bags of pasta, large size boxes of cereal and oatmeal, and grocery store gift cards. Your support makes a tangible difference.

Next Sunday, May 5th @ 10:30

Gather: United in Prayer

Acts 10:44-48; John 15:9-17

# ***Worship***

**Sundays @ 10:30am**  
**Wednesdays @ noon**

## ***Ministry Team***

**The Rev. Canon Mark Regis**, Rector | [mark@stmaryandstmartha.org](mailto:mark@stmaryandstmartha.org) | 647 272 4574

**Michael Brain**, Parish Ministry Coordinator | [michael@stmaryandstmartha.org](mailto:michael@stmaryandstmartha.org)

**Avery MacGregor**, Family Ministries Pastor | [avery@stmaryandstmartha.org](mailto:avery@stmaryandstmartha.org)

**Nicholas Wanstall**, Music Ministry Director | [nick@stmaryandstmartha.org](mailto:nick@stmaryandstmartha.org)

## ***Wardens***

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

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

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



@stmaryandstmartha

[stmaryandstmartha.org](http://stmaryandstmartha.org)



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