

**THE FIRST SUNDAY IN LENT:
HOLY EUCHARIST**

SUNDAY, MARCH 1, 2020 AT 10:30 AM

St. George's Anglican Church: 1101 Stanley Street, Montreal, QC
office@st-georges.org • Tel: (514) 866 7113 • www.st-georges.org

(Please join in the congregational parts of the service, which are shown in **bold print**.)

Ministering in the service today ... Celebrant & Preacher: The Rev. Karen Egan;
Ministrants: Leonora Dowker, Anne Gibson; **Server:** Patrick Burrowes; **Torches:** Hernan Torres, Ben Browne; **Readers:** Hilliard Goldfarb, Muriel Eaton, Harry Turton; **Intercessor:** Leonora Dowker; **Greeters:** Royal Leduc Sylvia White, Rod de Courcy-Ireland; **Altar Guild:** Erma Bryan; **Children's Ministry Coordinator:** Elodie Lambert; **Music Director:** Jean-Sébastien Allaire; **Organist:** Philip Crozier.

Prelude: Ich ruf' zu dir, Herr Jesu Christ (BWV 639) - *J.S. Bach (1685-1750)*
(I call to Thee, Lord Jesus Christ)

Processional Hymn: #180 – “GIVER OF THE PERFECT GIFT”

Please stand & sing



1. Giv - er of the per - fect gift, on - ly hope of hu - man race,
2. Though the'ac - cus - ing voice with - in speaks of ma - ny'a wrong to thee,
3. Who can save us, Lord, but thou? Let thy mer - cy show thy power.
4. Oh! may these our Lent - en days, blest by thee, with thee be passed,
5. God the ho - ly Trin - i - ty, grant the mer - cy we im - plore;



hear the prayer our hearts up - lift, trem - bling at thy throne of grace.
thou canst cleanse from ev - ery sin; thou canst set the con-science free.
Lo, we plead thy pro-mise now, now, in this the'ac-cept - ed hour.
that with pur - er, nob - ler praise we may keep thy feast at last.
God the One, all praise to thee through the a - ges ev - er - more.

TEXT: George Hunt Smyttan (1822-1870), rev. *Hymns for Today's Church*. © 1982 Hope Publishing Co. MUSIC: Heinelein (Aus der Tiefe); Melody attrib. Martin Herbst (1654-1681)

✠ The Penitential Rite

Please remain standing

Priest: The Lord be with you.

People: **And also with you.**

Priest: Almighty God,

All: **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.**

Priest: Blessed be God who forgives all our sins;

People: **whose mercy endures forever.**

Priest: Dear friends in Christ as we prepare to worship almighty God, let us with penitent and obedient hearts confess our sins, that we may obtain forgiveness by his infinite goodness and mercy.

The Kyrie — *Joseph Gélineau (1920-2008)*

Sung by the Choir

Kyrie eleison, Christe eleison, Kyrie eleison.

Priest: We have been wounded.

People: **O God, heal us.**

Priest: We stumble in the darkness.

People: **Light of the world, transfigure us.**

Priest: We forget that we are your home.

People: **Spirit of God, dwell in us.**

Priest: Eternal Spirit,

People: **living God, in whom we live and move and have our being, all that we are, have been, and shall be is known to you. In the very secret of our hearts you know all that rises to trouble us. Living flame, burn into us. Cleansing wind, blow through us. Fountain of water, well up within us; that we may love and praise in deed and in truth. Amen.**

Priest: 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.

People: **Amen.**

Please kneel or be seated

Priest: Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness, so we may know your power to save; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Reader: A Reading from Book of Genesis.

Please be seated

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall

die." Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Reader: The Word of the Lord.

Genesis 2.15-17; 3.1-7

People: **Thanks be to God.**

A moment of silence is observed

Psalm 32 – *Beati quorum*

Please stand & sing



Cantor: 1. Happy are those whose trans-gres-sions[^]are[^]for-giv-en :

People: **and whose sin is put away.**

People: 2. Happy are they to whom the Lord imputes nō guilt :

and in whose spirit there is no guile!

Cantor: 3. While I held my tongue, my bones **with**-ered äway :
because of my groan-**ing** all day[^]long.

People: 4. For your hand was heavy **up-on** me[^]day änd night :
my moisture was dried up as in the heat of sum-mer.

Cantor: 5. Then I ac-**knowl**-edged my sin tö you :
and did not **con**-ceal my guilt!

People: 6. I said, "I will confess my trans-**gres**-sions to thë Lord :
Then you forgave me the guilt of my sin.

Cantor: 7. Therefore all the faithful will make their prayers to you in **time** of tröu-ble :
when the great waters overflow, they shall **not** reach them.

People: 8. You are my **hid**-ing-place; you **pre-serve** me from tröu-ble :
you surround me with shouts of de-liverance.

Reader: Lettre de saint Paul Apôtre aux Romains.

Please be seated

Nous savons que par un seul homme, le péché est entré dans le monde, et que par le péché est venue la mort ; et ainsi, la mort est passée en tous les hommes, étant donné que tous ont péché. Avant la loi de Moïse, le péché était déjà dans le monde, mais le péché ne peut être imputé à personne tant qu'il n'y a pas de loi. Pourtant, depuis Adam jusqu'à Moïse, la mort a établi son règne, même sur ceux qui n'avaient pas péché par une transgression semblable à celle d'Adam. Or, Adam préfigure celui qui devait venir. Mais il n'en va pas du don gratuit comme de la faute. En effet, si la mort a frappé la multitude par la faute d'un seul, combien plus la grâce de Dieu s'est-elle répandue en abondance sur la multitude, cette grâce qui est donnée en un seul homme, Jésus Christ. Le don de Dieu et les conséquences du péché d'un seul n'ont pas la même mesure non plus : d'une part, en effet, pour la faute d'un seul, le jugement a conduit à la condamnation ; d'autre part, pour une multitude de fautes, le don gratuit de Dieu conduit à la justification. Si, en effet, à cause d'un seul homme, par la faute d'un seul, la mort a établi son règne, combien plus, à cause de Jésus Christ et de lui seul, régneront-ils dans la vie, ceux qui reçoivent en abondance le don de la grâce qui les rend justes. Bref, de même que la faute commise par un seul a conduit tous les hommes à la condamnation, de même l'accomplissement de la justice par un seul a conduit tous les hommes à la justification qui donne la vie. En effet, de même que par la désobéissance d'un seul être humain la multitude a été rendue pécheresse, de même par l'obéissance d'un seul la multitude sera-t-elle rendue juste.

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Reader: Parole du Seigneur.

Romans 5.12-19

***People:* Nous rendons grâce à Dieu.**

A moment of silence is observed

Sequence Hymn: #175 – “FORTY DAYS AND FORTY NIGHTS”

Please stand & sing

The first two verses are sung before the Gospel, the remaining verses, after.



1. For - ty days and for - ty nights you were fast - ing in the wild,
2. burn - ing heat through - out the day, bit - ter cold when light had fled,
3. Shall not we your tri - als share, learn your dis - ci - pline of will,
4. So if Sa - tan, press - ing hard, soul and bo - dy would de - stroy,
5. Sav - iour, may we hear your voice keep us con - stant at your side;



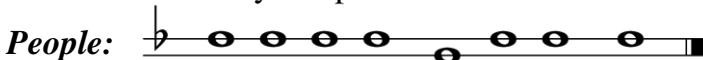
for - ty days and for - ty nights tempt - ed, and yet un - de - filed:
prowl - ing beasts a - round your way, stones your pil - low, earth your bed.
and with you by fast and prayer wres - tle with the powers of hell?
Christ who con - quered, be our guard; give to us the vic - tor's joy.
and with you we shall re - joice at (the)e - ter - nal Eas - ter - tide.

TEXT: George Hunt Smytton (1822-1870). rev. Hymns for Today's Church. © 1982 Hope Publishing Co.

The Gospel

Priest: The Lord be with you. ***People:* And also with you.**

Priest: The Holy Gospel of our Lord Jesus Christ according to Matthew.



Glo-ry to you, Lord Je - sus Christ.

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to

Leader: Loving God, we pray for all the nations of the earth, and all who exercise authority.

Prayers for the world are offered

Father, knowing our weakness in the face of temptation, we ask for your strength and protection so that, though we stumble, we shall not fall headlong. Lead us not into temptation.

All: **But deliver us from evil.**

Leader: Gracious God, we pray for the sick and the suffering, the despised and rejected.

The names of the sick and suffering are offered

I invite your prayers, spoken aloud or offered in the sanctity of silence.

Please offer your prayers, as the Spirit moves you

Father, we stand alongside all those who suffer, all whose lives are in chaos or despair, and all who live in the dark prison of guilt. We pray for your reassurance and peace, your understanding and compassion. Lead us not into temptation.

All: **But deliver us from evil.**

Leader: We pray for those who have died, and are now beyond the grasp of sin.

The names of those who have died are offered

Leader: Rest eternal grant unto them, O Lord.

All: **And let light perpetual shine upon them.**

Leader: May they rest in peace and rise in Christ's glory. Bless and comfort their loved ones, and lead us all through the wilderness of death into the mansions of eternity. Lead us not into temptation.

All: **But deliver us from evil.**

Leader: Father, we thank you for the knowledge that nothing is beyond your forgiveness, and no one beyond the limits of your love. Merciful Father, accept these prayers for the sake of your Son, our Saviour Jesus Christ.

All: **Amen.**

Confession and Absolution

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

Priest: Most merciful God,

All: 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.

Priest: 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.

All: Amen.

The Peace

Please stand

Priest: The peace of the Lord be always with you.

People: And also with you.

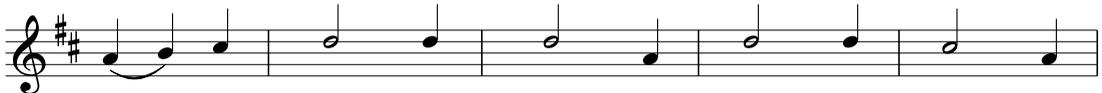
Ministrant: We shall not live by bread alone,
but by every word that proceeds from the mouth of God. (*Matthew 4.4*)

Offertory Hymn: #628 – “O LOVE, HOW DEEP, HOW BROAD, HOW HIGH”

All sing



1. O love, how deep, how broad, how high! It fills the
2. God sent no an - gel to our race, of high - er
3. For us he was bap - tized, and bore his ho - ly
4. For us he prayed, for us he taught; for us his
7. To God whose boud - less love has won sal - va - tion



heart with ec - sta - cy, the God, the Son of
or of low - er place, but wore the robe of
fast, and hun - gered sore; for us temp - ta - tions
dai - ly works he wrought; by words and signs, and
for us through the Son, to God the Fa - ther,



God, should take our mor - tal form for mor - tal's sake.
hu - man frame for us, and to this lost world came.
sharp he knew; for us the tempt - er o - ver - threw.
ac - tions, thus still seek - ing not him - self but us.
glo - ry be both now and through e - ter - ni - ty.

TEXT: Latin (O mor
quam, 15th cent.); tr.
Benjamin Webb (1819-
1885). MUSIC: Melody
Trier MS (15th cent.);
adapt. Michael Praetorius
(1572-1621).

Offertory Sentence

All sing



Praise God from whom all bless-ings flow; praise him, all crea-tures here be-



- low; praise him a-bove, ye heaven-ly host; praise Fa-ther, Son, and Ho-ly Ghost.

TEXT: Thomas Ken (1637-1710). MUSIC: Old 100th; Melody Geneva, 1551.

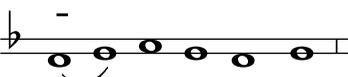
✠ The Celebration of the Eucharist (Eucharist Prayer 3)

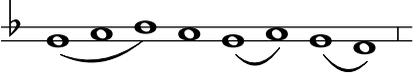
The Prayer Over the Gifts

Priest: 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.

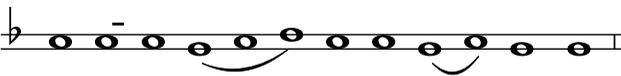
All: **Amen.**

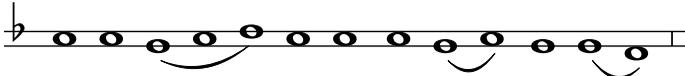
Priest: 
The Lord be with you.

People: 
And al - so with you.

Priest: 
Lift up your hearts.

People: 
We lift them to the Lord.

Priest: 
Let us give thanks to the Lord our God.

People: 
It is right to give our thanks and praise.

Priest: Blessed are you, gracious God, creator of heaven and earth; we give you thanks and praise through Jesus Christ our Lord, who was tempted in every way, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again. Therefore with angels and archangels and all who have served you in every age, we raise our voices to proclaim the glory of your name:

Sanctus, Sanctus, Sanctus Dóminus Deus Sábaoth. Pleni sunt cæli et terra glória tua. Hosánna in excélsis. Benedíctus qui venit in nómine Dómini. Hosánna in excélsis.

Please kneel or be seated

Priest: 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 be in your presence. 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.

All: **we remember his death, we proclaim his resurrection, we await his coming in glory;**

Priest: Father, we pray that in your goodness and mercy your Holy Spirit may descend upon us, and upon these gifts, sanctifying them and showing them to be holy gifts for your holy people, the bread of life and the cup of salvation, the body and blood of your Son Jesus Christ. Grant that all who share this bread and this cup may become one body and one spirit, a living sacrifice in Christ to the praise of your name. Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace. And grant that we may find our inheritance with the Blessed Virgin Mary, with patriarchs, prophets, apostles, martyrs, with St. George, and all the saints who have found favour with you in ages past. We praise you in union with them and give you glory through your Son Jesus Christ our Lord. Through Christ, and with Christ, and in Christ, all honour and glory are yours, almighty God and Father, in the unity of the Holy Spirit, for ever and ever.

All: **Amen.**

The Lord's Prayer

Priest: Gathering all our praises into one, let us pray as our Saviour 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.

Notre Père, qui es aux cieux, que ton Nom soit sanctifié, que ton règne vienne. Que ta volonté soit faite sur la terre comme au ciel. Donne-nous aujourd'hui notre pain de ce jour. Pardonne-nous nos offenses, comme nous pardonnons aussi à ceux qui nous ont offensés. Et ne nous soumetts pas à la tentation, mais délivre-nous du mal. Car c'est à toi qu'appartiennent le règne, la puissance et la gloire, dans les siècles des siècles. Amen.

The Breaking of the Bread

Priest: We break this bread,

All: **Communion in Christ's body once broken.**

Priest: Let your Church be the wheat which bears its fruit in dying.

All: **If we have died with him, we shall live with him;
if we hold firm, we shall reign with him.**

Priest: The gifts of God for the People of God.

People: **Thanks be to God.**

Agnus Dei - *Joseph Gélineau (1920-2008)*

Sung by the choir

Agnus Dei, qui tollis peccata mundi, miserere nobis.

Agnus Dei, qui tollis peccata mundi, miserere nobis.

Agnus Dei, qui tollis peccata mundi, dona nobis pacem.

The Communion

All Christians are invited to receive Holy Communion.

Should you wish a blessing only, please cross your arms on your chest.

After receiving communion you are welcome to light a prayer candle on your way back to your seat.

Tous les chrétiens sont invités à communier.

Si vous préférez recevoir seulement la bénédiction du Seigneur, veuillez croiser vos bras sur votre poitrine.

Après la communion, en chemin vers votre banc, vous êtes invités à allumer une bougie de prière.

Communion Hymn: #54 – “BREAD OF THE WORLD, IN MERCY BROKEN”

All sing



Bread of the world, in mer-cy bro-ken, Wine of the soul in mer-cy shed,



by whom the words of life were spo-ken, and in whose death our sins are dead:



look on the heart by sor-row bro-ken; look on the tears by sin-ners shed,



and be thy feast to us the to-ken that by thy grace our souls are fed.

TEXT: Reginald Heber (1783-1826); Fr. Henri Chapieu (19??-). MUSIC: Rendez a Dieu; Melody Strasbourg, 1545.

Anthem: O JESU CHRIST, MEIN LEBENS LICHT” (BWV 118)

J.S. Bach (1685-1750)

O Jesus Christ, my life and light, strength and hope, On earth I have no home or rest, and by all my grievous sin oppressed.

Prayer after Communion

Please stand

Priest: All your works praise you, O Lord.

All: **And your faithful servants bless you. Gracious God we thank you for feeding us with the body and blood of your Son Jesus Christ. May we, who share his body, live his risen life; we, who drink his cup, bring life to others; we, whom the Spirit lights, give light to the world. Keep us firm in the hope you have set before us, so that we and all your children shall be free, and the whole earth live to praise your name; through Christ our Lord. Amen.**

The Blessing

Announcements

Please be seated

Recessional Hymn: #601 – “GOD, WHOSE GIVING...”

Please stand & sing



1. God, whose giv - ing knows no end - ing, from your rich and
 2. Skills and time are ours for press - ing toward the goals of
 3. Trea - sure, too, you have en - trust - ed, gain through powers your



end - less store. na - ture's wond - er, Je - sus' wis - dom,
 Christ, your Son: all at peace in health and free - dom,
 grace con - ferred, ours to use for home and kin - dred,



cost - ly cross, grave's shat - tered door gift - ed by you we turn to you,
 rac - es joined, the church made one. Now di - rect our dai - ly la - bour,
 and to spread the gos - pel word. O - pen wide our hands in shar - ing,



of - fering up our - selves in praise; thank - ful song shall
 lest we strive for self a - lone. Born with tal - ents,
 as we heed Christ's age - less call, heal - ing, teach - ing,



rise for - ev - er, gra - cious Do - nor of our days.
 make us ser - vants fit to an - swer at your throne.
 and re - claim - ing, serv - ing you by lov - ing all.

TEXT: Robert L. Edwards (1915-). © 1989 The Hymn Society in the United States and Canada. All rights reserved. Used by permission of Hope Publishing Co.
 MUSIC: Blaenwern, William Penfro Rowlands (1860-1937); © Reprinted by permission of Mr. G.A. Gabe.

Dismissal - *The “Alleluia” is omitted during the season of Lent.*

Priest: Go forth in the name of Christ.

People: Thanks be to God.

Choir: Amen.

Postlude: Wo soll ich fliehen hin (BWV 646) - J.S. Bach (1685-1750)
 (O whither shall I flee?)



Our Motto

"To know Christ and to make Him known" "Connaître le Christ et le faire connaître"



Our Mission Statement:

To actively witness to the faith that is given to each of us as we open our hearts and minds to God, and to share this wholeheartedly with those who live, work and study in downtown Montreal through the transforming love of Jesus and the empowering of the Holy Spirit.

We welcome all visitors and newcomers to our services today. If you are a visitor, we invite you to make yourself known to one of our Greeters or Clergy.

Nous souhaitons la bienvenue aux visiteurs et aux nouveaux venus à nos services d'aujourd'hui et nous vous invitons à vous faire connaître auprès d'une des personnes à l'accueil ou auprès d'un membre du clergé.

TODAY

Following the 10:30 a.m. service ... We invite everyone to join us for refreshments.
Celebration Sunday following the 10:30 service.

THIS WEEK

Tuesday – Friday	10:30 a.m. – 2:00 p.m.	Community Lunch
Wednesday	12:15 p.m. – 1:00 p.m.	Holy Communion (Chancel)
	1:00 p.m. – 2:00 p.m.	Bible Study (Boardroom)
Thursday	5:30 p.m.	Choir Practice



NEXT SUNDAY – MARCH 8, 2020
CLOCKS GO FORWARD!
THE SECOND SUNDAY IN LENT

Genesis 12:1-4a / Romans 4:1-5, 13-17 / John 3.1-17

9:00 a.m. **Holy Communion (Chapel)**
Preacher: Ms. Susan Searle

10:30 a.m. **Sung Eucharist**
Preacher: Ms. Susan Searle

NOTICES

CELEBRATION SUNDAY – If it is your birthday during the month of **March** you are celebrating a significant life event, please let the office know. We will have cake or goodies to mark the occasion and read the names of those who are celebrating **that month**. We will celebrate February birthdays today!

UPCOMING EVENTS



CIVITAS^x, “MEALS TO THE STREETS” – Saturday, March 14th. Join us to have fun and do good with our Muslim friends and many others when we will make and deliver our 5000th meal together. For more information, please speak to Deborah Hinton, Honor Barrett or Carole Kapelanski at the church office.

Are you new to the church or to the Anglican Church in Canada? Are you interested in baptism, confirmation or renewing your baptismal vows? Please contact our priest for Christian Formation, Rev. Debbie (formation@st-georges.org). There will be a course running from mid-March-early May (with a break for Easter) to explore the Christian Faith and the Anglican Tradition.

A note on Holy Communion and Hygiene in this Cold and Flu season: Please use the hand sanitizer available at the back of the church or by the door to the Parish Hall. and for those participating in the service, at the altar. The practice of Intinction (dipping your wafer into the chalice of wine) is not recommended as germs can be spread from a person's hands into the chalice. Contrary to what you might think, receiving directly from the chalice is the most sanitary as the silver of the chalice and the alcohol content of the wine have antimicrobial and antibacterial properties. For those who have a cold or the flu or who do not wish to receive the wine, rest assured that you receive the full benefits of the sacrament in the bread. Please speak with a member of the clergy if you have any questions or concerns.

PRAYER RESOURCES IN LENT

DAILY PRAYER IN LENT – Parishioners are welcome to join in keeping the Lenten discipline of daily prayer by praying the Offices at home. Booklets for Morning Prayer, Evening Prayer, and Compline (see explanation below) are all available in the parish hall. We encourage you to make one or more of these a daily devotion during this season of Lent.

COMPLINE – Members of the parish are invited to undertake the recitation of Compline as a sign of this awareness. Compline is the church's service of 'Night Prayer', meant to be said just before retiring. It takes about 5-10 minutes, and is a way of putting the day away, and commending oneself into the refreshing care of God through the night. If you would be willing to covenant to undertake this practice for the 40 days of Lent, copies of the service are available on the resource table.