

THE FIRST SUNDAY IN LENT:

HOLY EUCHARIST

SUNDAY, MARCH 10, 2019

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: The Rev. Canon Steven Mackison; **Preacher:** The Rev. Dr. Holly Ratcliffe; **Ministrants:** Leonora Dowker, Anne Gibson; **Server:** Patrick Burrowes; **Torches:** Pascal Brandt-Gagnon, Hernan Torres; **Readers:** Marleen O’Connell, Celine Giangi, The Rev. Dr. Holly Ratcliffe; **Intercessor:** Carol Spence Lord; **Greeters:** Royal Leduc, Sylvia White, Tom Burpee; **Altar Guild:** Cydette Daley; **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)

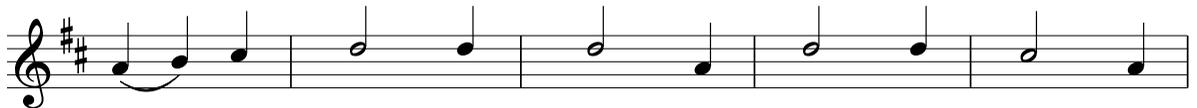
Children’s Focus - *The children are invited to come forward.*

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

Please stand & 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
5. For us by wick - ed - ness be - trayed, scourged, mocked, in
6. For us he rose from death again, for us he we -
7. To God whose bound - less love has won sal - va - tion



heart with ec - sta - sy, that 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
pur - ple robe ar - rayed, he bore the shame - ful
- nt on high to reign, for us he sent his
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.
cross and death; for us at length gave up his breath.
Spi - rit here to guide, to strength - en, and to cheer.
glo - ry be both now and through e - ter - ni - ty.

✠ The Penitential Rite

Please kneel or be seated

Priest: The Lord be with you.

People: **And also with you.**

Priest: Let us pray. 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 - "*Messe Responsoriale*" - Joseph Gelineau (1920-2008)

Sung by the Choir

Kyrie eleison, Christe eleison, Kyrie eleison.

Confession and Absolution

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.**

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.**

The Collect of the Day

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.

All: **Amen.**

✠ The Proclamation of the Word

Old Testament Reading

Please be seated

Reader: A Reading from Book of Deuteronomy.

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

Reader: The word of the Lord.

Deuteronomy 26.1-10

People: **Thanks be to God.**

A moment of silence is observed

Psalm 91 (Paraphrase) #531 – “ON EAGLE’S WINGS”

Please stand & sing



1. You who dwell in the shel-ter of the Lord, who a-
 2. Snares of the fowl-er will nev-er cap-ture you, - and
 3. You need not fear the ter-ror of the night, nor the
 4. For to his an-gels he's giv-en a com-mand - to



- bide in his shad - ow for life,
 fam - ine will bring you no fear:
 ar - row that flies - by day;
 guard you in all of your ways;



say to the Lord: "My ref - uge, my
 un - der his wings your ref - uge, his
 though thou - sands fall a - bout you, near
 up - on their hands they(will) bear you(up), lest(you



rock in whom I trust!"
 faith - ful-ness your shield.
 you it shall not come.
 dash) your foot against(a) stone.

TEXT: Ps.91; para. Michael Joncas (1951-). © 1979,
 1991 New Dawn Music. Admin. by Oregon Catholic
 Press. MUSIC: On Eagle's Wings; Michael Joncas
 (1951-); music © 1979, 1991 New Dawn Music.
 Admin. by Oregon Catholic Press

Refrain



And he will raise you up on ea-gle's wings, bear you on the breath of dawn,



make you to shine like the sun, and hold you in the palm of his hand.

New Testament Reading

Please be seated

Reader: Une lecture tirée de la lettre de Saint Paul Apôtre aux Romains.

Tout près de toi est la Parole, elle est dans ta bouche et dans ton cœur. Cette Parole, c'est le message de la foi que nous proclamons. En effet, si de ta bouche, tu affirmes que Jésus est Seigneur, si, dans ton cœur, tu crois que Dieu l'a ressuscité d'entre les morts, alors tu seras sauvé. Car c'est avec le cœur que l'on croit pour devenir juste, c'est avec la bouche que l'on affirme sa foi pour parvenir au salut. En effet, l'Écriture dit : Quiconque met en lui sa foi ne connaîtra pas la honte. Ainsi, entre les Juifs et les païens, il n'y a pas de différence : tous ont le même Seigneur, généreux envers tous ceux qui l'invoquent. En effet, quiconque invoquera le nom du Seigneur sera sauvé.

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

Reader: Parole du Seigneur.

Romans 10.8b-13

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 three 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;



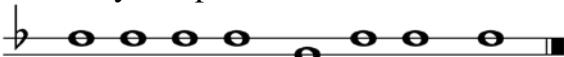
for - ty days and for - ty nights tempt - ed, and yet un - de - filed:
prowl - ing beasts a - round your way, stones your pil - low, earth your bed.
and with you by fast and prayer wres - tle with the powers of hell?
Christ who con - quered, be our guard; give to us the vic - tor's joy.
and with you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

The Gospel

Priest: The Lord be with you.

People: **And also with you.**

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

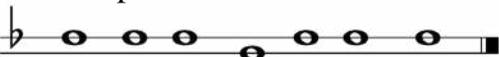
People: 

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

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'" Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'" Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and On their hands they will bear you up, so that you will not dash your foot against a stone." Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

Priest: The Gospel of Christ.

Luke 4.1-13

All: 

Praise to you, Lord Je-sus Christ.

Sermon: The Rev. Dr. Holly Ratcliffe

Please be seated

A moment of silence is observed.

The Apostles' Creed

Please stand

Priest: Let us confess our faith as we say

All: **I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

The Prayers & Lenten Prose

Please kneel or be seated

The Leader offers prayers for the church, the world, the sick and the suffering, and those who have died.

The Cantor sings the refrain, then all join in singing:



Hear us, O Lord, have mer-cy up-on us: for we have sin-ned a - gainst thee.

Cantor: To thee, Redeemer, on thy throne of glory, lift we our weeping eyes in holy pleadings; listen, O Jesu, to our supplications.

All sing the refrain

Cantor: O thou chief corner-stone, Right Hand of the Father, Way of salvation, Gate of life celestial; cleanse thou our sinful souls from all defilement.

All sing the refrain

Cantor: God, we implore thee, in thy glory seated, bow down and hearken to thy weeping children; pity and pardon all our grievous trespasses.

All sing the refrain

Cantor: Sins oft committed now we lay before thee; with true contrition, now no more we veil them; grant us, Redeemer, loving absolution.

All sing the refrain

Cantor: Innocent captive, taken unresisting, falsely accused, and for us sinners sentenced; save us, we pray thee, Jesu our Redeemer.

All sing the refrain

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: #455 – “DEAR GOD, COMPASSIONATE AND KIND” *Please stand & sing*



1. Dear God, com-pas - sion - ate and kind, for - give our fool - ish ways. Re-
 2. In sim - ple trust like theirs who heard, be - side the Syr - ian sea, the
 3. O Sab - bath rest by Gal - i - lee! O calm of hills a - bove, where
 4. Drop thy still dews of qui - et - ness till all our striv - ings cease; take
 5. Breathe through the heats of our de - sire thy cool - ness and thy balm, let



- clothe us in our right - ful mind, in pur - er lives thy
 grac - ious call - ing of the Lord, let us, like them, with -
 Je - sus knelt to share with thee the si - lence of e -
 from our souls the strain and stress, and let our or - dered
 sense be dumb, let flesh re - tire; speak through the earth - quake,

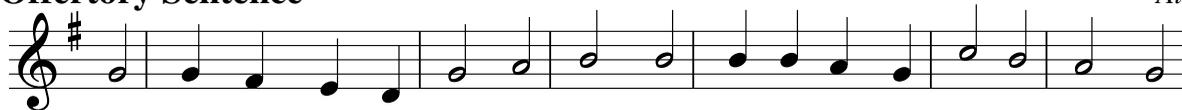


ser - vice find, in deep - er rev - erence, praise, in deep - er rev - erence, praise.
 - out a word, rise up and fol - low thee, rise up and fol - low thee!
 - ter - ni - ty in - ter - pret - ed by love, in - ter - pret - ed by love!
 lives con - fess the beau - ty of thy peace, the beau - ty of thy peace.
 wind, and fire, O still small voice of calm, O still small voice of calm.

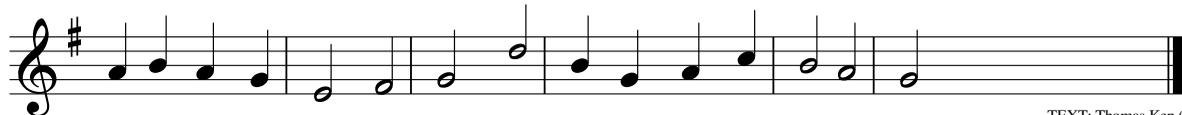
TEXT: John Greenleaf Whittier (1807-1892), alt. MUSIC: Repton, Charles Hubert Hastings Parry (1848-1919).

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

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.

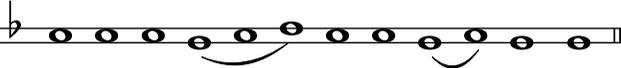
All: **Amen.**

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 - *"Messe Responsoriale"* - Joseph Gélineau (1920-2008)

Sung by the Choir

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: 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.

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 soumets 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.

Priest: "I am the bread of life," says the Lord. "Whoever comes to me will never be hungry; whoever believes in me will never thirst."

All: Taste and see that the Lord is good; happy are they who trust in him!"

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

People: Thanks be to God.

Agnus Dei - "Messe Responsoriale" - 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. Tous les chrétiens sont invités à communier.

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

All sing



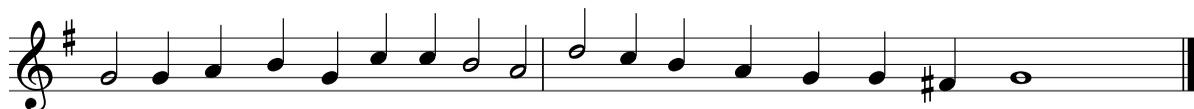
Bread of the world, in mer - cy bro - ken, Wine of the soul in mer - cy shed,
Pain vi - vant don - né pour nos â - mes, vin pour nos ê - tres ré - pan - du,



by whom the words of life were spo - ken, and in whose death our sins are dead:
pa - ro - les d'a - mour et de flam - mes, mort où l'es - poir nous est ren - du;



look on the heart by sor - row bro - ken; look on the tears by sin - ners shed,
vois no - tre des - tin mi - sé - ra - ble, les pleurs ver - sés sur nos mal - heurs,



and be thy feast to us the to - ken that by thy grace our souls are fed.
nour - is nous à ta sain - te ta - ble par ta bon - té, par tes dou - leurs.

TEXT: Reginald Heber (1783-1826); Fr. Henri Chapieu (19??-). MUSIC: Rendez a Dieu; Melody Strasbourg, 1545; Geneva, 1551.

Anthem: O Jesu Christ, Mein Lebens Licht (BWV 118) – *J.S. Bach*

Sung by the Choir

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

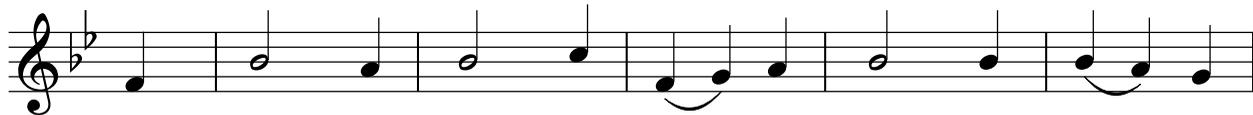
Please stand

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

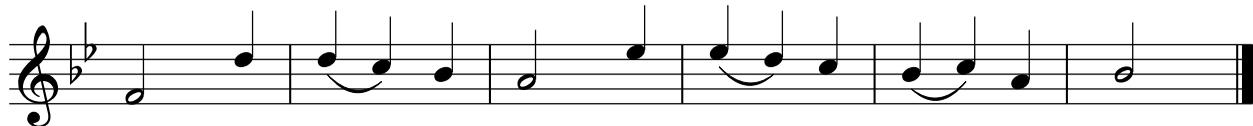
Recessional Hymn: #629 – “JESUS, THY BLOOD & RIGHTEOUSNESS” *Please stand & sing*



1. Je - sus, thy blood and right - eous - ness my beau - ty
2. Bold shall I stand in thy great day; for who aught
3. Je - sus, be end - less praise to thee, whose bound-less
4. O let the dead now hear thy voice; now bid thy



are, my glo - rious dress; 'midst flam - ing worlds, in
to my charge shall lay? Ful - ly ab - solved through
mer - cy hath for me-- for me a full a-
ban - ished ones re - joice; their beau - ty this, their



these ar - rayed, with joy shall I lift up my head.
these I am from sin and fear, from guilt and shame.
- tone - ment made, an ev - er - last - ing ran - som paid.
glo - rious dress, Je - sus, thy blood and right - eous - ness.

TEXT: Nikolaus Ludwig von Zinzendorf (1700-1760); tr. John Wesley (1703-1791). MUSIC: Fulda (Walton); William Gardiner (177 (1770-1853), Sacred Melodies, 1815.

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)

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Our Motto and Mission Statement:

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

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

THIS WEEK

Monday - Saturday	11:30 a.m. - 1:30 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	11:00 a.m. - 2:00 p.m.	Boutique St. Georges (Lower Hall)
	5:30 p.m.	Choir Practice

NEXT SUNDAY – MARCH 17, 2019

THE SECOND SUNDAY IN LENT:

Genesis 15.1-12, 17-18 / Philippians 3.17-4.1 / Luke 13.31-35

9:00 a.m.	Holy Communion (Chapel) <i>Preacher:</i> The Rev. Canon Steven Mackison
10:30 a.m.	Choral Eucharist <i>Preacher:</i> The Rev. Canon Steven Mackison

NOTICES

CELEBRATION SUNDAY – If it is your birthday during the month of **March**, or 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**.

Your next step? We will be offering a **confirmation course** this spring. This is a good place for adults who have never been baptised or confirmed to explore what this might mean for you. This will also be an opportunity for those who are new to the church or who want to make a deeper commitment to learn more about the Anglican church and what it means to be a Christian. Bishop Mary Irwin-Gibson will be visiting on Pentecost, Sunday June 9th to do confirmations, receive new people into the Anglican Church and pray for those who wish to reaffirm their Baptism vows. Please contact the parish office or Rev. Debbie (formation@st-georges.org) if you want more information on any of these opportunities.

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 on the resource table. We encourage you to make one or more of these a daily devotion during the 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 are available on the resource table.

UPCOMING EVENTS

 **Civitas^x Meals to the Street - Saturday, March 16.** Join us to have fun and do good with our partner PEACE Initiatives Canada, a Muslim-led non-profit. For the past two years we've been bringing meals and compassionate conversations to the homeless in the downtown area. Together we've made nearly 7000 pita wrap sandwiches, delivered over 3000 meals and made new friends! You can help prep and package meals starting at 9:30am and/or join one of our crews to go out to the streets or help with clean-up from 11:30 onwards. For more information, please speak to Deborah Hinton, Honor Barrett or Carole Kapelanski after today's service or call the church office (514) 866-7113.

Lenten Reflection Activity: "Befriending our Mortality". Sundays: March 17, 24, and April 7, following the 10:30am service. During Lent, we will take some time to explore this theme in the light of our faith, and in the context of a culture driven by the denial of death. While playing with clay in a gentle, creative, way we will share something of the joys we have received in this life, explore our fears, reflect on our Christian beliefs, and learn from some of the witnesses in the Christian tradition, like Julian of Norwich. Our purpose will be to discover how befriending our mortality can deepen our faith. Please sign up for the activity by contacting the Rev. Dr. Holly Ratcliffe (spirituality@st-georges.org) or the Parish Office.



Lent

...a time to be
more fervent in prayer
and more generous
in works of love.