



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

SUNDAY MARCH 15, 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

Ministering in the service today ... Celebrant & Preacher: The Rev. Deborah Noonan;
Ministrants: Susan Searle, Ron O’Connell; **Server:** Patrick Burrowes; **Torches:** Hernan Torres, Don Costache; **Readers:** Muriel Eaton, Jane Wigglesworth; **Intercessor:** Ariana Winn;
Greeters: Malcolm McLeod, Rod de Courcy-Ireland, Bill Garrett; **Altar Guild:** Kasra Golnaraghi; **Children’s Ministry Coordinator:** Elodie Lambert; **Music Director:** Jean-Sébastien Allaire; **Organist:** Philip Crozier.

Prelude: Wer nur den lieben Gott lässt walten (BWV 690) - *J.S. Bach (1685-1750)*
(If thou but suffer God to guide thee)

Processional Hymn: #482– “COME AND JOURNEY WITH A SAVIOUR” *Please stand & sing*

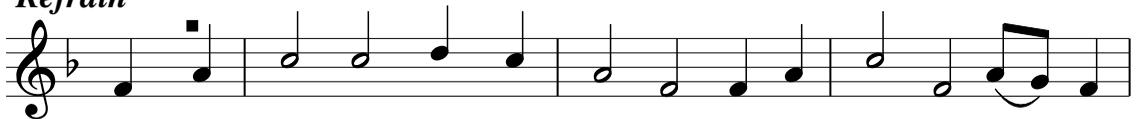


1. Come and jour - ney with a Sav - iour who has called us from our
2. Come and jour - ney, jour - ney in - ward, come and seek him deep with-
3. Come and jour - ney, jour - ney out - ward, tell - ing oth - ers of his
4. Come and jour - ney, jour - ney out - ward, where that cross calls us to
5. Come and jour - ney, jour - ney up - ward. Sing his prais - es, off - er
6. Come and jour - ney, jour - ney on - ward; all our gifts we now shall



birth, who has washed us in the wa - ters, and who loved us on the earth.
 - in, where he meets us in our liv - ing, in our striv - ing and our sin.
 name, tell - ing oth - ers of his glo - ry, of his cross and of the shame.
 care, where in - jus - tice and where hun - ger and the poor call us to share.
 prayer. In the storm and in the still - ness find his pres - ence ev - ery - where.
 bring to the build - ing of a ci - ty that is ho - ly, Christ its King.

Refrain



Come and jour - ney, come and jour - ney with a Sav - iour who has



come. We are all God's sons and daugh - ters; in the Spir - it we are one.

✠ Children's Focus

✠ The Penitential Rite

Please kneel or be seated

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 - *Communion Setting in E Minor - Harold Darke (1888-1976)*

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.**

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.**

The Collect of the Day

Please kneel or be seated

Priest: Almighty God, whose Son Jesus Christ gives the water of eternal life, may we always thirst for you, the spring of life and source of goodness; through him who lives and reigns with you and the Holy Spirit, one God, now and for ever.

All: **Amen.**

Reader: Lecture du Livre de l'Exode.

Please be seated

Toute la communauté des fils d'Israël partit du désert de Sine, en observant les étapes prescrites par le Seigneur. Ils campèrent à Rephidim. Comme il n'y avait pas d'eau à boire, le peuple chercha querelle à Moïse : « Donne-nous de l'eau à boire ! » Moïse leur répondit : « Pourquoi me cherchez-vous querelle ? Pourquoi mettez-vous le Seigneur à l'épreuve ? » Là, le peuple souffrit de la soif. Il récrimina contre Moïse et dit : « Pourquoi nous as-tu fait monter d'Égypte ? Était-ce pour nous faire mourir de soif avec nos fils et nos troupeaux ? » Moïse cria vers le Seigneur : « Que vais-je faire de ce peuple ? Encore un peu, et ils me lapideront ! » Le Seigneur dit à Moïse : « Passe devant le peuple, emmène avec toi plusieurs des anciens d'Israël, prends en main le bâton avec lequel tu as frappé le Nil, et va ! Moi, je serai là, devant toi, sur le rocher du mont Horeb. Tu frapperas le rocher, il en sortira de l'eau, et le peuple boira ! » Et Moïse fit ainsi sous les yeux des anciens d'Israël. Il donna à ce lieu le nom de Massa (c'est-à-dire : Épreuve) et Mériba (c'est-à-dire : Querelle), parce que les fils d'Israël avaient cherché querelle au Seigneur, et parce qu'ils l'avaient

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled

mis à l'épreuve, en disant : « Le Seigneur est-il au milieu de nous, oui ou non ? »

and tested the Lord, saying, "Is the Lord among us or not?"

Reader: Parole du Seigneur.

Exodus 17.1-7

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

A moment of silence is observed

Psalm 95 – *Venite, exultemus*

Please stand & sing



Cantor: 1. O Come, let us sing **un**-to the Lord :

People: **let us heartily rejoice in the strength of our sal-va-tion.**

People: 2. **Let us come before his presence with thanks-giving :
and show ourselves glad in him with psalms.**

Cantor: 3. For the Lord **is** a great God :
and a great King **a**-bove all gods.

People: 4. **In his hand are all the cor-ners^of the earth :
and the strength of the hills is his al-so.**

Cantor: 5. The sea is his, **and** he made it :
and his hands prepared **the** dry land.

People: 6. **O come, let us wor-ship, and fall down :
and kneel before the Lord our Ma-ker.**

New Testament Reading

Reader: A Reading from the Letter of Paul to the Romans.

Please be seated

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person - though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much

more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Reader: The Word of the Lord.

Romans 5.1-11

People: **Thanks be to God.**

A moment of silence is observed

Sequence Hymn: #615 – “JUST AS I AM”

Please stand & sing

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



1. Just as I am, with - out one plea, but that thy
 2. Just as I am, poor, wretch - ed, blind; sight, rich - es,
 3. Just as I am, though tossed a - bout with ma - ny,
 4. Just as I am, and wait - ing not to rid my
 5. Just as I am thy love un - known has bro - ken



blood was shed for me, and that thou biddest me come to
 heal - ing of the mind, yea, all I need, in thee to
 con - flict, man - y, a doubt, fight - ings and fears with - in, with -
 soul of one dark blot, to thee, whose blood can cleanse each
 ev - ery bar - rier down now to be thine, yea, thine a -



thee, O Lamb of God, I come, I come.
 find, O Lamb of God, I come, I come.
 - out, O Lamb of God, I come, I come.
 spot O Lamb of God, I come, I come.
 - lone, O Lamb of God, I come, I come.

A moment of silence is observed.

The Nicene Creed

Please stand

Priest: Let us confess our faith as we say,

All: **We believe in one God, the Father, the almighty, maker of heaven and earth, of all that is, seen and unseen. 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: by the power of the Holy Spirit he became incarnate from 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. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father. With the Father and the Son he is worshipped and glorified. He 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.**

The Prayers of the People

Please kneel or be seated

Leader: Thirsty for God, let us pray to him now, in the knowledge that he will provide for us in the way that is best. We pray for the church.

Prayers for the church are offered

Father, wherever the Church is dry and parched may the water of your Spirit well up to refresh and renew, to bring life and strong new growth. Living God:

All: **Satisfy our thirst.**

Leader: Gracious God, we pray for your parched earth and all who thirst for righteousness.

Prayers for the world are offered

Father, from the conflicting needs and agendas of the world we cry for mercy, for a deeper understanding of one another and a greater desire for co-operation and peace. Living God:

All: **Satisfy our thirst.**

Leader: Merciful God, we pray for the sick and the suffering, the lonely and the lost.

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

We stand alongside all those who are suffering, whether in body, mind or spirit, and long for your healing and comfort, your strength for perseverance and your patience in the dark times; we long for your living Spirit to envelop and sustain them. Living God:

All: Satisfy our thirst.

Leader: Eternal God, we pray for those who have come to the end of earthly life.

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 may we, with them, place our faith in the God of life, with the holy and certain hope of sharing in the light and joy of heaven for ever. Living God:

All: Satisfy our thirst.

Leader: As we call to mind the guidance, help, and protection you give us each moment of every day, we thank you and praise you, Holy God; for you alone have the words of eternal life. Merciful Father, accept these prayers for the sake of your Son, our Saviour Jesus Christ.

All: Amen.

The Peace

Please stand

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

People: And also with you.

Ministrant: God so loved the world that he gave his only Son,
that whoever believes in him should not perish but have eternal life.
(John 3.16)

Offertory Hymn: #400 – “WHAT WONDROUS LOVE IS THIS”

All sing



1. What won-drous love is this, oh my soul, oh my soul! What
 2. When I was sink-ing down, sink-ing down, sink-ing down, when
 3. To God and to the Lamb I will sing, I will sing, to
 4. And when from death I'm free, I'll sing on, I'll sing on, and



won-drous love is this, oh my soul. What won-drous love is this that
 I was sink-ing down, sink-ing down, what I was sink-ing down be-
 God and to the Lamb I will sing; to God and to the Lamb, who
 when from death I'm free, I'll sing on; and when from death I'm free, I'll



caused the Lord of bliss to bear the dread-ful curse for my
 - neath God's right-eous frown, Christ laid a - side his crown for my
 is the great I AM, while mil-lions join the theme, I will
 sing his love for me, and through e - ter - ni - ty I'll sing



soul, for my soul, to bear the dread-ful curse for my soul!
 soul, for my soul, Christ laid a - side his crown for my soul.
 sing, I will sing, while mil-lions join the theme, I will sing.
 on, I'll sing on; and through e - ter - ni - ty I'll sing on!

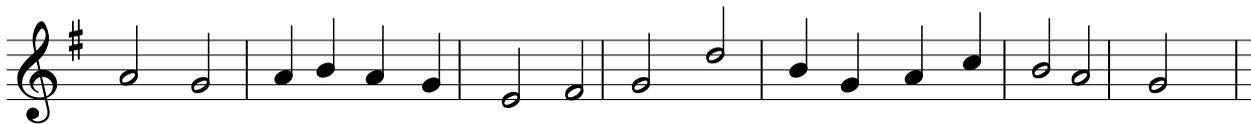
TEXT: General Selection of the Newest and Most Admired Hymns and Spiritual Songs Now in Use, 1811, alt.
 MUSIC: Wondrous Love; Melody William Walker (1809-1875), appendix to Southern Harmony, New Haven, 1840 ed.

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

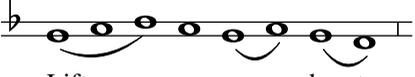
The Prayer Over the Gifts

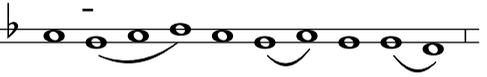
Priest: Gracious God, we know your power to triumph over weakness. May we who ask forgiveness be ready to forgive one another, in the name of Jesus the Lord.

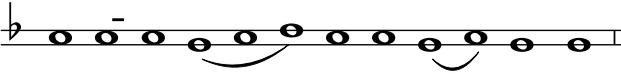
All: Amen.

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: Eternal God, Source of all being, we give you thanks and praise for your faithful love. You call us into friendship with you and one another to be your holy people, a sign of your presence in the world. When those we trust betray us, unfailingly you remain with us. When we injure others, you confront us in your love and call us to the paths of righteousness. You stand with the weak, and those, broken and alone, whom you have always welcomed home, making the first last, and the last first. Therefore we raise our voices with angels and archangels, forever praising you and singing.

Sanctus - *Communion Setting in E Minor - Harold Darke (1888-1976)*

Sung by the Choir

Holy, holy, holy, Lord God of hosts. Heav'n and earth are full of thy glory:

Glory be to thee, O Lord most High. Amen

Blessed is he that cometh in the name of the Lord. Hosanna in the highest.

Please kneel or be seated

Priest: Blessed are you, O Holy One: when Hagar was driven into the wilderness you followed her and gave her hope. When Joseph was sold into bondage, you turned malice to your people's good. When you called Israel out of slavery, you brought them through the wilderness into the promised land. When your people were taken

into exile you wept with them by the river of Babylon and carried them home. At the right time you sent your Anointed One to stand with the poor, the outcast, and the oppressed. Jesus touched lepers, and the sick, and healed them. He accepted water from a woman of Samaria and offered her the water of new life. Christ knew the desolation of the cross and opened the way for all humanity into the redemption of your reconciling love. On the night he was betrayed, Jesus, at supper with his friends, took bread, gave you thanks, broke the bread, gave it to them, and said, "Take and 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." Loving and Holy One, recalling Christ's death and resurrection, we offer you these gifts, longing for the bread of tomorrow and the wine of the age to come. Therefore we proclaim our hope:

All: **Dying you destroyed our death, rising you restored our life. Lord Jesus, come in glory.**

Priest: Pour out your Spirit on these gifts that through them you may sustain us in our hunger for your peace. We hold before you all whose lives are marked by suffering, our sisters and brothers. When we are broken and cast aside, embrace us in your love. Through Christ, with Christ, and in Christ in the unity of the Holy Spirit, all honour and glory are yours, O Source of all life, 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 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.

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 - Communion Setting in E Minor - Harold Darke (1888-1976)

Sung by the choir

O Lamb of God, that takest away the sin of the world, have mercy upon us.

O Lamb of God, that takest away the sin of the world, have mercy upon us.

O Lamb of God, that takest away the sin of the world, grant us thy peace.

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: #85 – “SHEPHERD OF SOULS, REFRESH AND BLESS”

All sing



1. Shep-herd of souls, re - fresh and bless your cho-sen pil - grim flock
2. We would not live by bread a - lone, but by your word of grace,
3. Be known to us in break-ing bread, but do not then de - part;
4. Lord, sup with us in love di - vine; your bod-y and your blood,



with man - na in the wil - der - ness, with wa-ter from the rock.
in strength of which we trav - el on to our a - bid - ing place.
Sav - iour, a - bide with us, and spread your ta - ble in our heart.
that liv - ing bread, that heaven-ly wine, be our im - mor - tal food.

Anthem: "LIKE AS THE HART" - Herbert Howells (1892-1983)

Sung by the choir

Like as the hart desireth the waterbrooks, so longeth my soul after thee, O God. My soul is athirst for God, yea, even for the living God. When shall I come to appear before the presence of God? My tears have been my meat day and night, while they daily say unto me, "Where is now thy God?" (Psalm 42: vv. 1-3)

Prayer after Communion

Please stand

Priest: All your works praise you, O Lord.

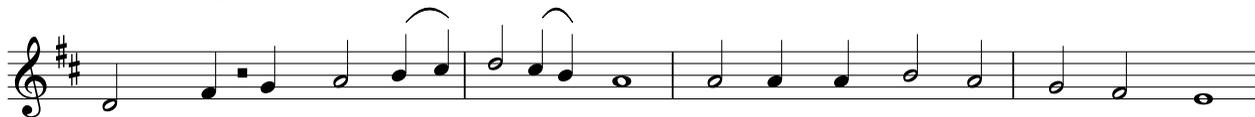
All: **And your faithful servants bless you. Gracious God we thank you for feeding us with the body and blood of your Son Jesus Christ. May we, who share his body, live his risen life; we, who drink his cup, bring life to others; we, whom the Spirit lights, give light to the world. Keep us firm in the 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

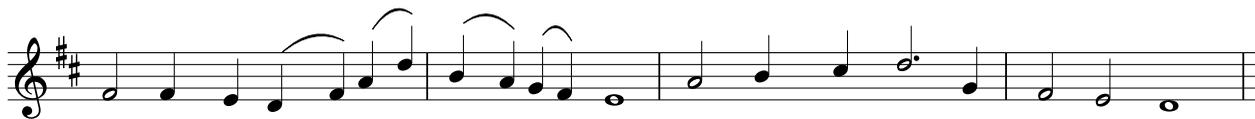
Announcements

Please be seated

Recessional Hymn: #383 - "JESUS SHALL REIGN WHERE'ER THE SUN" *Please stand & sing*



1. Je - sus shall reign wher - e'er the sun doth its suc - ces - sive jour - neys run;
2. Peo - ple and realms of ev - ery tongue dwell on his love with sweet - est song,
3. Bless - ings a - bound wher - e'er he reigns; the pris - oners leap to lose their chains;
4. Let ev - ery crea - ture rise and bring pe - cu - liar hon - ours to our King,



his king - dom stretch from shore to shore, till moons shall wax and wane no more.
and in - fant voic - es shall pro - claim their ear - ly bless - ings on his name.
the wear - y find e - ter - nal rest, and all who suf - fer want are blest.
an - gels de - scend with songs a - gain, and earth re - peat the loud A - men.

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: *Wer nur den lieben Gott lässt walten (BWV 642) - J.S. Bach*

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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.

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 22, 2020
THE FOURTH SUNDAY IN LENT

1 Samuel 16.1-13 / Ephesians 5.8-14 / John 9.1-41

9:00 a.m. **Holy Communion** (Chapel)
Preacher: The Rev. Karen Egan

10:30 a.m. **Sung Eucharist**
Preacher: The Rev. Karen Egan

NOTICES

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

UPCOMING EVENTS



CIVITAS^x, “MEALS TO THE STREETS” – Saturday, April 18th. 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.

Growing as Disciples of Jesus: A Bible Study on Matthew's Gospel. Thursdays 12 March-2 April, 7:00-8:30pm. This study group will explore some of the highlights of Matthew's Gospel, using a resource created by the Montreal Diocesan Theological College. The group will be led by Susan McIntosh and meet at Tom Burpee's home in Westmount, a short bus-ride from Vendome or Atwater Metro stops. Places are limited. Please contact Rev. Debbie (formation@st-georges.org) or the church office if you would like to participate.

Confirmation Course/Anglicanism 101

When? Sundays **March 15, 22, 29 and April 5, 19 and 26**, from 12:30-2pm in the Board Room. **Who is this course for?** This is a course for those who are new to the Anglican Church to explore the Church's worship, beliefs and history. It is also a good starting place for adults who would like to be baptised, confirmed or received (welcomed into the Anglican Church from another church tradition). If you have been coming to church for a long time and want a “refresher” you are also welcome **What will we learn about?** We will explore how the Anglican tradition of prayer book worship shapes our beliefs, what Anglicans believe about the Sacraments of Baptism and the Eucharist and how we read the bible. We will also discuss what it means to be apart of the church and explore Anglican spiritual

practices, including prayer. Please contact Rev. Debbie if you would like to join the course (formation@st-george.org). There is no book to buy this year but there will be a few short articles given out throughout the course. The course will be taught by Rev. Debbie Noonan with guest appearances by the other priests.

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 permitted 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 on the resource table. 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.