



WE ACKNOWLEDGE THAT AS A PARISH OF THE DIOCESE OF NEW WESTMINSTER,
WE GATHER ON THE TRADITIONAL AND UNSURRENDERED TERRITORY OF THE
HALQ'EMYLÉN-SPEAKING COAST SALISH PEOPLES. WE SEEK TO WALK A PATH OF
RECONCILIATION AND HEALING WITH ALL.

10 am Eucharist
Lent 1
9 March 2025

514 CARNARVON STREET, NEW WESTMINSTER, B.C. V3L 1C4

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*Whether you have been a lifelong Anglican or are new to our tradition, we welcome you this morning! If you are not familiar with Anglican worship, simply allow the words, music and symbols to speak to you. Participate as fully as you feel comfortable in doing. We stand to sing and sit to listen. Some people kneel for prayer, some sit and some stand. Please do what is comfortable for you. You are invited to join in the words in **bold type**. Music for the songs is found in the blue Common Praise or green Songs for a Gospel People hymnbooks in the pews.*

Prelude

Announcements

THE GATHERING OF THE COMMUNITY

Gathering Song
'Seek Ye First' (Lenten version)
Songs for a Gospel People 83

**Seek ye first the kingdom of God,
And God's righteousness-
And all these things shall be added unto you.
May it be so, may it be so.**

**We do not live by bread alone,
But by every word
That proceeds from the mouth of God.
May it be so, may it be so.**

**Ask and it shall be given unto you;
Seek and you shall find;
Knock and the door shall be opened unto you.
May it be so, may it be so.**

Greeting

Presider: The grace of our Lord Jesus Christ, and the love of God,
and the communion of the Holy Spirit be with you all.

People: And also with you.

Presider: We gather here from many places on land that is the traditional
and unsundered territory of the Halq'emeyn-speaking Coast
Salish peoples.

**People: May Christ lead us on right pathways as we seek truth and
reconciliation in action.**

Silence is kept for confession

Kyrie
Common Praise 678 (Merbecke)

**Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.**

Presider: 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.

Young People's Time

The Collect of the Day

Presider: Let us pray,

**All: God of the wilderness,
your Spirit leads us to face the truth,
unprotected and exposed:
in our times of trial
help us to resist the worship of empty power,
so that we may find our true food
in Jesus Christ, the broken bread. Amen.**

THE PROCLAMATION OF THE WORD

The First Reading: Deuteronomy 26:1-11

Reader: A reading from the 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, ² 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. ³ 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.'

⁴ When the priest takes the basket from your hand and sets it down before the altar of the LORD your God, ⁵ 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. ⁶ When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, ⁷ we cried to the LORD, the God of our ancestors; the LORD heard our voice and saw our affliction, our toil, and our oppression. ⁸ 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; ⁹ and he brought us into this place and gave us this land, a land flowing with milk and honey. ¹⁰ 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. ¹¹ 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: Holy Word, Holy Wisdom.

All: Thanks be to God.

The Second Reading: Romans 10:8b-13

Reader: A reading from Paul's Letter to the Romans,

⁸ But what does it say? 'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); ⁹ 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. ¹⁰ For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. ¹¹ The scripture says, 'No one who believes in him will be put to shame.' ¹² 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. ¹³ For, 'Everyone who calls on the name of the Lord shall be saved.'

Reader: Holy Word, Holy Wisdom.

All: Thanks be to God.

Gospel Song (Psalm 91)
'You Who Dwell in the Shelter of the Lord'
Common Praise 531 (tune On Eagles Wings)

**You who dwell in the shelter of the Lord,
who abide in His shadow for life,
say to the Lord: "My refuge,
my rock in whom I trust!"**

Refrain ***And He will raise you up on eagles' wings,
bear you on the breath of dawn,
make you to shine like the sun,
and hold you in the palm of His hand.***

**The snare of the fowler will never capture you,
and famine will bring you no fear:
under His wings your refuge,
His faithfulness your shield.**

Refrain

**You need not fear the terror of the night,
nor the arrow that flies by day;
though thousands fall about you,
near you it shall not come.**

Refrain

**For to His angels He's given a command
to guard you in all of your ways;
upon their hands they will bear you up,
lest you dash your foot against a stone.**

Refrain

The Gospel: Luke 4:1-13

Reader: The Lord be with you.

All: And also with you.

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

All: Glory to you, Lord Jesus Christ.

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, ²where 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. ³The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' ⁴Jesus answered him, 'It is written, "One does not live by bread alone."'

⁵ Then the devil led him up and showed him in an instant all the kingdoms of the world. ⁶ 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. ⁷ If you, then, will worship me, it will all be yours.' ⁸ Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."' "

⁹ 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, ¹⁰ for it is written, "He will command his angels concerning you, to protect you", ¹¹ and "On their hands they will bear you up, so that you will not dash your foot against a stone.'" ¹² Jesus answered him, 'It is said, "Do not put the Lord your God to the test.'" ¹³ When the devil had finished every test, he departed from him until an opportune time.

Reader: The Gospel of Christ.

All: Praise to you, Lord Jesus Christ.

Sermon

The Rev. Stephanie Shepard

The Apostles' Creed

Presider: Let us confess the faith of our baptism 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 of the People

Leader: Let us offer our prayers to the source of all love and all life, saying 'Lord, hear our prayer.'

All: Lord, hear our prayer.

Leader: Merciful God, we pray for all who call themselves Christians: that we may become a royal priesthood, a holy nation, to the praise of Christ Jesus our Saviour.

All: Lord, hear our prayer.

Leader: We pray for John our bishop, Benny the bishop of our companion diocese of Northern Philippines, and for all bishops, priests, and deacons: that they may remain faithful to their calling and rightly proclaim the word of truth.

All: Lord, hear our prayer.

Leader: We pray for all those with responsibility in government, for the leaders of the nations, and for all in authority: that your people may lead just and peaceable lives.

All: Lord, hear our prayer.

Leader: We pray for this city of New Westminster and those who live here, the poor and the rich, the elderly and the young, First Nations, settlers and newcomers: that you will show your goodwill to all.

All: Lord, hear our prayer.

Leader: We pray for those who are marginalized in our society and for ways to minister with them: that you will be our help and our defence.

All: Lord, hear our prayer.

Leader: We pray for all who need healing in body, mind, and spirit, especially those we name silently or aloud at this time...

pause

...: that all who look to you will receive the gift of your loving presence.

All: Lord, hear our prayer.

Leader: We pray for those preparing for baptism, those recently baptised, and all who are committed to living more deeply into their baptismal covenant: that we may all be strengthened in the faith.

All: Lord, hear our prayer.

Leader: We give thanks for all the saints who have found favour in your sight from earliest times, prophets, apostles, martyrs, those whom we have

known and loved, and those whose names are known to you alone:
that we too may be counted amongst your faithful witnesses.

All: Lord, hear our prayer.

Leader: We give thanks for all the blessings in our lives, and lift up in gratitude
the ways you have touched us this week...

pause

... Help us always to give you praise and glory, for you Lord are good
and loving, and your peace passes all understanding.

All: Amen.

the Exchange of the Peace

Presider: May the peace of the Lord be always with you.

All: And also with you.

*You are invited to share a sign of God's peace with your neighbours,
respecting their comfort with distance and touch.*

THE HOLY COMMUNION

Offering Song

'Forty Days and Forty Nights'

Common Praise 175 (tune Heinlein)

**Forty days and forty nights you were fasting in the wild,
Forty days and forty nights tempted, and yet undefiled.**

**Burning heat throughout the day, bitter cold when light had fled,
Prowling beasts around your way, stones your pillow, earth your bed.**

**Shall not we your trials share, learn your discipline of will,
And with you by fast and prayer wrestle with the powers of hell?**

**So if Satan, pressing hard, soul and body would destroy,
Christ who conquered, be our guard, give to us the victor's joy.**

**Saviour, may we hear your voice- keep us constant at your side;
And with you we shall rejoice at the eternal Eastertide.**

The Prayer over the Gifts

Presider: Let us pray,

**All: God our refuge and our strength,
Receive all we offer you this day,
And through the death and resurrection of your Son
Guard us through all our trials.
We ask this in his name. Amen.**

The Great Thanksgiving

Eucharistic Prayer

Presider: The Lord be with you.

People: And also with you.

Presider: Lift up your hearts.

People: We lift them to the Lord.

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

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

Presider: It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, through our Saviour Jesus Christ. And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name and join in their unending hymn:

Sanctus

Common Praise 683 (Merbecke)

**All: Holy, holy, holy, Lord, God of hosts.
Heaven and earth are full of thy glory.
Glory be to thee, O Lord most high.
Blessed is he that cometh in the name of the Lord.
Hosanna in the highest.**

Presider: Blessed are you, O God of the universe. Your mercy is everlasting and your faithfulness endures from age to age. Praise to you for creating the heavens and the earth. Praise to you for saving the earth from the waters of the flood. Praise to you for bringing the Israelites safely through the sea.

Praise to you for leading your people through the wilderness to the land of milk and honey.

Praise to you for the words and deeds of Jesus your anointed one.

Praise to you for the death and resurrection of Christ.

Praise to you for your Spirit poured out on all the nations.

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me.

Again after supper, he took the cup, gave thanks, and gave it for all to drink, saying: this cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me. With this bread and cup we remember our Lord's Passover from death to life as we proclaim the mystery of faith:

**All: Christ has died.
Christ is risen.
Christ will come again.**

Presider: O God of resurrection and new life: Pour out your Holy Spirit on us and on these gifts of bread and wine. Bless this feast. Grace our table with your presence.

All: Come Holy Spirit.

Presider: Reveal yourself to us in the breaking of the bread. Raise us up as the body of Christ for the world. Breathe new life into us. Send us forth, burning with justice, peace, and love.

All: Come Holy Spirit.

Presider: With your holy ones of all times and places, with the earth and all its creatures, with sun, moon and stars, we praise you, O God, blessed and holy Trinity, now and forever.

All: Amen.



The Lord's Prayer

Presider: In the language closest to your heart,
let us pray as Jesus taught us:

You are invited to use either the traditional or contemporary version in English or the language you find most helpful for prayer.

**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 today our daily bread.
Forgive us our trespasses
as we forgive those who
trespass against us.
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.**

**Our Father in heaven,
Hallowed be your name.
Your kingdom come,
Your will be done
on earth as in heaven.
Give us this day our daily bread.
Forgive us our sins,
As we forgive those who
sin against us.
Save us from the time of trial
and deliver us from evil,
for the kingdom, the power,
and the glory are yours
now and forever. Amen**

Agnus Dei

Common Praise 685 (Merbecke)

**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.**

Presider: Dear friends in Christ, God bids you welcome to this table. Here we are strengthened for the journey. Here strangers become friends and the seeker finds God's wisdom speaking to them. See who you are and become what you see. These are the gifts of God for the people of God.

People: Thanks be to God.

The Communion

You are invited to come forward to receive bread and wine. Gluten-free wafers are available. You receive the fullness of Christ's love if you prefer to take one kind (just the bread or the wine). If you would prefer to have a blessing, please let the priest know.

During Communion

*'What a Friend We Have in Jesus'
Common Praise 532 (tune Friendship)*

**What a Friend we have in Jesus,
all our sins and griefs to bear!
What a privilege to carry
everything to God in prayer!
O what peace we often forfeit,
O what needless pain we bear,
All because we do not carry
everything to God in prayer.**

**Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged;
take it to the Lord in prayer.
Can we find a friend so faithful
who will all our sorrows share?
Jesus knows our every weakness;
take it to the Lord in prayer.**

**Are we weak and heavy laden,
cumbered with a load of care?
Christ the Saviour is our refuge,
take it to the Lord in prayer.
Do our friends despise, forsake us?
Are we tempted to despair?
Jesus' strength will shield our weakness;
and we'll find new courage there.**

Anthem
'Beyond the Days' by R. Manolo
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HTC Choir

THE SENDING FORTH OF THE COMMUNITY

The Prayers after Communion

Presider: Let us pray:

All: **Faithful God,
In this holy bread you increase our faith and hope and love.
Lead us in the path of Christ
Who is your Word of life.
We ask this in his name. Amen.**

Presider: Glory to God,

All: **Whose power, working in us,
can do infinitely more than we can ask or imagine.
Glory to God from generation to generation,
in the Church and in Christ Jesus, now and forever. Amen.**

Sending Song
'Eye Has Not Seen'
Common Praise 548 (tune Eye Has Not Seen)

Refrain ***Eye has not seen, ear has not heard
what you have ready for those who love you.
Spirit of love, come, give us the mind of Jesus;
teach us your wisdom, O Lord.***

**When pain and sorrow weigh us down,
be near to us, O Lord;
forgive the weakness of our faith
and bear us up within your peaceful word.**

Refrain

Our lives are but a single breath;
we flower and we fade.
Yet all our days are in your hands,
so we return in love what love has made.

Refrain

To those who see with eyes of faith,
you, Lord, are ever near,
reflected in the faces
of all the poor and lowly of the world.

Refrain

We sing a mystery from the past
in halls where saints have trod,
yet ever new the music rings
to Jesus, Living Song of God.

Refrain

The Dismissal

Presider: Go in peace to love and serve the Lord.

All: **Thanks be to God.**

Postlude



Liturgical Ministers today

Greeter & worship assistant, 8:00 am:

Valerie Hobson

Greeters, 10 am:

Shawn Shenfield & Joefin Peter

Reader:

Gerry Stensgaard

Chalice Administrators:

Sybil Collett & Marnie Godkin

Presider & Preacher:

The Rev. Stephanie Shepard

Server:

Greg Kennelly

Crucifer:

Linda Gravlin

Music Director:

Kyumin Lee

& the Holy Trinity Cathedral Choir



Lent

THIS WEEK AT HOLY TRINITY CATHEDRAL

Tuesday Catechism Group, 7-8 pm online via Teams

Wednesday Midweek Eucharist, 9:30-10 am*

Wednesday Fellowship Time, 10-10:30 am in the Lounge

Wednesday Bible Study, 10:30-11:30 am in the Lounge

Thursday Vespers, 5:30-6 pm via Zoom

Saturday Community Brunch, 11 am- noon in the Hall

Sunday BCP Eucharist, 8-9 am.*

Sunday Choral Eucharist, 10-11:15 am.*

**live-streamed over Facebook.*

Go to <https://www.holytrinitycathedral.ca/events>.

Click on the photo of the service. This will take you to Facebook. A box will come up asking for your Facebook login. Click the X on the right upper corner of the box. If you do not have Facebook you should be able to watch from the HTC site.

Next Sunday's Readings for Lent 2, March 16, 2025

Genesis 15:1-12 & 17-18; Psalm 27; Philippians 3:17-4:1;

Luke 13:31-35