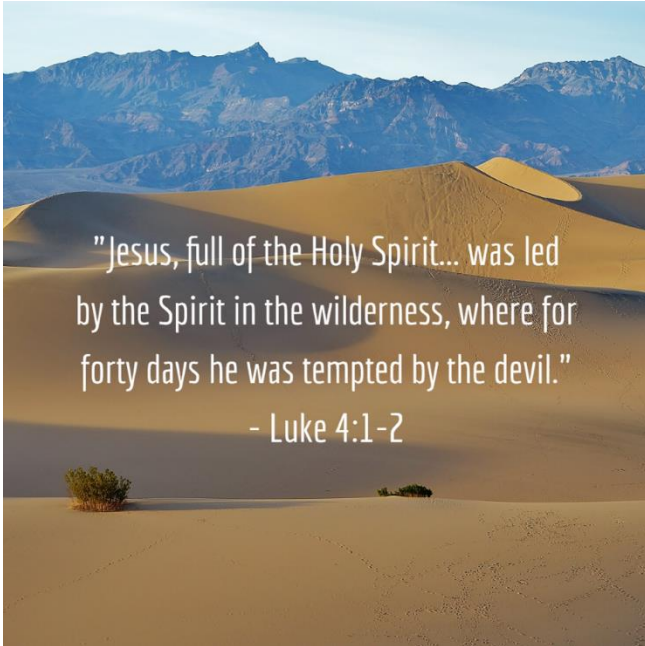


ANGLICAN CHURCH OF CANADA
DIOCESE OF NEW WESTMINSTER
PARISH OF ST. JOHN THE APOSTLE

2208 St. John's Street, Port Moody, BC, V3H 2A7
Phone: 604-936-7762 Website: stja.ca



"Jesus, full of the Holy Spirit... was led
by the Spirit in the wilderness, where for
forty days he was tempted by the devil."
- Luke 4:1-2

First Sunday in Lent March 9, 2025

Archbishop: The Most. Rev. John Stephens
Rector: The Rev. Vivian Lam
Interim Priest: The Rev. Miranda Sutherland
Honorary Priest: The Rev. Michael Chin
Deacon: The Rev. Anne Anchor
Honorary Deacon: The Rev. Lilian Elliott
Music Director: Gail Craig
Office Administrator: Janica Sleigh

WE GATHER AS THE BODY OF CHRIST IN THIS PLACE

We acknowledge that we gather and minister on the ancestral lands of Coast Salish people, and honour with gratitude and humility the people of the x^mməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish) Səlilwətaʔ/Selilwitulh (Tseil-Waututh), and k^wik^wəłəm (Kwkwetlem) Nations. We and others in the Diocese of New Westminster continue to search and pray with Indigenous brothers, sisters and friends for truth and justice, and that the Spirit's reconciling love will be with us....

Opening Hymn: *(10am service)* *(we stand)*
CP # 179 "Tree of Life and Awesome Mystery" *(verses 1-5, 6b)*

Tree of Life and awesome mystery, in your death we are reborn;
though you die in all of history,
still you rise with every morn, still you rise with every morn.

Seed that dies to rise in glory, may we see ourselves in you;
if we learn to live your story
we may die to rise anew, we may die to rise anew.

We remember truth once spoken,
love passed on through act and word; every person lost and broken
wears the body of our Lord, wears the body of our Lord.

Gentle Jesus, mighty Spirit, come in flame our hearts anew.
We may all your joy inherit
if we bear the cross with you, if we bear the cross with you.

Christ, you lead and we shall follow,
stumbling though our steps may be; one with you in joy and sorrow,
we the river, you the sea, we the river, you the sea.

From the dawning of creation you have loved us as your own;
stay with us through all temptation,
make us turn to you alone, make us turn to you alone.

Text and music: Marty Haugen

Welcome and Announcements

(we sit)

Commissioning of New Parish Council & ACW Officers

Opening Prayers

(we stand)

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

All: And also with you.

Celebrant: 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.

Celebrant: As we gather on the ancestral lands of the Coast Salish Nations, let us pray that the Spirit's reconciling love will be with us.

~ Silence ~

Collect of the Day:

(said by all)

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.

Children's Talk *(10am service)*

(we sit)

WE PROCLAIM AND DISCERN THE LIVING WORD

First Scripture Reading:

(we sit)

Deuteronomy 26:1-11

Psalm 91:1-2, 9-16

(said by all responsively)

1 Those who dwell in the shelter of the Most High, *
abide under the shadow of the Almighty.

- 2 They shall say to the Lord, “You are our refuge and our stronghold, *
our God in whom we put our trust.”
- 9 Because you have made the Lord your refuge, *
and the Most High your habitation,
- 10 There shall no evil happen to you, *
neither shall any plague come near your dwelling.
- 11 For the angels of God shall have charge over you, *
to keep you in all your ways.
- 12 They shall bear you in their hands, *
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder; *
you shall trample the young lion and the serpent under your feet.
- 14 “Because they are bound to me in love, therefore will I deliver them; *
I will protect them, because they know my name.
- 15 They shall call upon me, and I will answer them; *
I am with them in trouble; I will rescue them and bring them to honour.
- 16 With long life will I satisfy them, *
and show them my salvation.”

Second Scripture Reading:

(we sit)

Romans 10:8b-13

Gradual Hymn:

CP #175 - “Forty Days and Forty Nights”

(we stand)

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 Gospel

(we stand)

Deacon: The Lord be with you.

People: And also with you.

Deacon: The Good News of Jesus Christ according to Luke.

People: Glory to you, Lord Jesus Christ.

The Gospel: Luke 4:1-13

Deacon: The Good News of Christ!

People: Praise to you, Lord Jesus Christ.

Sermon: The Rev. Miranda Sutherland

(we sit)

~ Silence ~

The Apostles' Creed

(said by 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 *(we kneel, stand or sit)*

Litany of Penitence *(we kneel, stand or sit)*

All: Most holy and merciful Father, we confess to you, to one another, and to the whole communion of saints in heaven and on earth, that we have sinned by our own fault in thought, word, and deed; by what we have done, and by what we have left undone.

Leader: We have not loved you with our whole heart, and mind, and strength. We have not loved our neighbours as ourselves. We have not forgiven others, as we have been forgiven.

People: Have mercy on us, Lord.

Leader: We have been deaf to your call to serve as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit.

People: Have mercy on us, Lord.

Leader: We confess to you, Lord, all our past unfaithfulness: the pride, hypocrisy, and impatience of our lives,

People: We confess to you, Lord.

Leader: Our self-indulgent appetites and ways, and our exploitation of other people,

People: We confess to you, Lord.

Leader: Our anger at our own frustration, and our envy of those more fortunate than ourselves,

People: We confess to you, Lord.

Leader: Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work,

People: We confess to you, Lord.

Leader: Our negligence in prayer and worship, and our failure to

commend the faith that is in us,

People: We confess to you, Lord.

Leader: Accept our repentance, Lord, for the wrongs we have done:
for our blindness to human need and suffering, and our in-
difference to injustice and cruelty,

People: Accept our repentance, Lord.

Leader: For all false judgements, for uncharitable thoughts toward
our neighbours, and for our prejudice and contempt toward
those who differ from us,

People: Accept our repentance, Lord.

Leader: For our waste and pollution of your creation, and our lack
of concern for those who come after us,

People: Accept our repentance, Lord.

Leader: Restore us, good Lord, and let your anger depart from us;

People: Hear us, Lord, for your mercy is great.

We Share the Peace of Christ

(we stand)

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

People: And also with you.

From ancient times, the Christian custom has been to greet each other as a sign of the peace we share through Christ. As Jesus said, “Blessed are the peacemakers”. We ask that you pass the peace in no-contact ways—nodding, bowing, etc.—with those not in your household/bubble.

WE CELEBRATE GOD WITH US IN HOLY COMMUNION

Offertory Hymn: (10am service)

(we stand)

CP # 400 “What Wondrous Love Is This”

*(We collect people’s contributions to the ministry & mission of St. John’s.
We encourage you to give online as possible at stja.ca/supporting-st-johns)*

What wondrous love is this, O my soul, O my soul!

What wondrous love is this, O my soul!

What wondrous love is this that caused the Lord of bliss

to bear the dreadful curse for my soul, for my soul,
to bear the dreadful curse for my soul!

When I was sinking down, sinking down, sinking down,
when I was sinking down, sinking down,
when I was sinking down beneath God's righteous frown,
Christ laid aside his crown for my soul, for my soul,
Christ laid aside his crown for my soul.

To God and to the Lamb I will sing, I will sing;
to God and to the Lamb I will sing;
to God and to the Lamb, who is the great I AM,
while millions join the theme, I will sing, I will sing,
while millions join the theme, I will sing.

And when from death I'm free, I'll sing on, I'll sing on;
and when from death I'm free, I'll sing on;
and when from death I'm free, I'll sing his love for me,
and through eternity I'll sing on, I'll sing on;
and through eternity I'll sing on.

*Text: General Selection of the Newest and Most Admired Hymns and Spiritual
Songs Now in Use, 1811, alt.*

Prayer over the Gifts *(said by all)*

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. Amen.**

THE GREAT THANKSGIVING *(we kneel, stand, or sit)*

Eucharistic Prayer

Celebrant: The Lord is here

All: His Spirit is with us.

Celebrant: Lift up your hearts.

All: We lift them to the Lord.

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

All: It is right to give thanks and praise.

Celebrant: Lord of all life, you created the universe, where all living things reflect your glory. You give us this great and beautiful earth, to discover and to cherish.

You give us your love, even when things go wrong. Jesus knew hurt and pain. Through him you wipe away our tears, and fill us with your peace, to join with the angels and sing your praise:

Sanctus:

(8:30am service)

(said by all)

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is the One who comes in the name of the Lord. Hosanna in the highest.

(10am service) CP # 735

(sung by all)

***Holy, holy, holy Lord, God of power and might.
Holy, holy, holy Lord, God of power and might,
heaven and earth are full, full of your glory.
Hosanna in the highest, hosanna in the highest.
Blessed is the One who comes in the name of the Lord.
Hosanna in the highest, hosanna in the highest.***

Celebrant: We thank you, loving Father, because, when we turned away, you sent Jesus, your Son. He gave his life for us on the cross and shows us the way to live.

Send your Holy Spirit that these gifts of bread and wine may be for us Christ's body and his blood.

On the night before he died, when darkness had fallen, Jesus took bread. He gave thanks, broke it, and shared it with his disciples, saying: **'This is my body, given for you. Do this to remember me.'**

After they had eaten, he took the cup of wine, gave thanks, and shared it with his disciples, saying: **‘This is my blood, poured out for you and for many, for the forgiveness of sins.’**

So Father, with this bread and this cup we celebrate his love, his death, his risen life. As you feed us with these gifts, send your Holy Spirit, and change us more and more to be like Jesus our Saviour.

Help us, Father, to love one another, as we look forward to that day when suffering is ended, and all creation is gathered in your loving arms.

And now with [John and] all your saints we give you glory, through Jesus Christ, in the strength of the Spirit, today and for ever.

All: Amen.

The Lord’s Prayer

(8.30am & 10:00am service)

(said by all)

Celebrant: As our Saviour taught us, let us pray...

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today 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.

The Breaking of the Bread

Celebrant: We break the bread of life, and that life is the light of the world.

All: God here among us, light in the midst of us, bring us to light and life.

Celebrant: The gifts of God for the people of God.

People: Thanks be to God.

The Communion

All who are drawn to Christ are welcome to receive: if you are baptized, we invite you to receive Communion; if you are not baptized, we invite you to receive a blessing.

Since the Eucharist is a corporate spiritual practice, please maintain a receptive and quiet attitude as others are receiving Communion. Treat this time as part of your Eucharistic meditation.

Wine is offered for those comfortable receiving it. Note: intinction [dipping the bread in wine] is not permitted in our Diocese. You are welcome to receive the bread alone if you wish, and to bring the bread back to your seat before consuming; if masked, feel free to stay masked.

WE ARE SENT OUT AS BEARERS OF NEW LIFE

Prayer after Communion

(we stand) (said by 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.**

*Celebrant
All*

Glory to God,
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, for ever and ever. Amen.

Blessing

Christ, give us grace to grow in holiness, to deny ourselves, take up our cross and follow him... and the blessing of God Almighty, Father, Son and Holy Spirit be with us all. Amen.

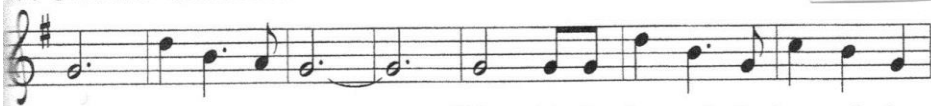
Recessional Hymn:*(10am service)*

ELW #720 “We Are Called”

(we stand)

(see pg 12)

We Are Called



- 1 Come! Live in the light! Shine with the joy and the love of the
- 2 Come! O - pen your heart! Show your . . mer - cy to all those in
- 3 Sing! Sing a new song! Sing of that great day when all will be



Lord! We are called to be light for the king - dom, to
fear! We are called to be hope for the hope - less so
one! God will reign, and we'll walk with each oth - er as



live in the free - dom of the cit - y of God.
ha - tred and blind - ness . . . will be . . . no more.
sis - ters and broth - ers . . . u - nit - ed in love.



Refrain
We are called to act with jus - tice, we are called to



love ten - der - ly; we are called to serve one an -



oth - er, to walk hum - bly with God.

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Dismissal

(we stand)

Response: Thanks be to God!



CLERGY CORNER



JOIN US IN PRAYER THIS LENT



Lent: A Time to Pray Incessantly

In the Christian tradition, Lent is a season of preparation, reflection, and transformation, where the Church is invited to engage more deeply in prayer, fasting, and almsgiving. This season is an opportunity to grow closer to God by embracing a disciplined and intentional life of devotion. One of the most important aspects of Lent is the call to pray incessantly—making prayer a central part of our daily routine. During this season, all are invited to incorporate a time of fasting. Prayer is not only about petition and supplication, but also about spiritual renewal, contemplation, and a deepening relationship with God.

The Role of Fasting in Prayer

Fasting, traditionally associated with Lent, is a spiritual discipline that goes hand-in-hand with prayer. It is a ‘voluntary act of denying oneself of food, pleasure or legitimate needs for a certain length of time. Jesus’ example and other spiritual sources teach us that this form of self-discipline is an aid to prayer. Fasting helps to purify the body and soul, and it serves as a reminder of our dependence on God, helping us to practice humility and self-control. While fasting is often seen as a personal act of sacrifice, it is also a communal act that strengthens the body of Christ, as the Church collectively engages in fasting and prayer. The Church provides us with help in prayer.

The Daily Office: A Call to Prayer

Each of us in the body of Christ, is encouraged to participate in the Daily Office¹—a practice that invites us to pause throughout the day and turn our

¹ C. W. McPherson, Grace at this Time – Praying the Daily Office, 1999

hearts to God in prayer. The Daily Office, also known as the Divine Office or Liturgy of the Hours, is a set of prayers. These are prayed at different times of the day. While the clergy are traditionally responsible for leading these prayers, all Christians are encouraged to pray the Daily Office as a way of uniting their hearts with the broader Church in worship and petition. Do you know all eight Liturgy of the Hours? Which of them are included in the Book of Alternate Services (BAS)?

In the *Rule* of Saint Benedict, written in the early 6th century, the eight prayer periods are listed as: Matins or Vigils, Lauds, Prime, Terce, Sext, None, Vespers, and Compline.²

A Time for Community and Reflection

During Lent, these hours should not be regarded as merely individual practices, but an invitation to participate in the greater life of the Church. You may want to actively use the BAS in this Season. The rhythm of these prayers helps to frame our day, orienting our hearts and minds towards God, no matter what we may face.

This Lenten Season, let us embrace the Daily Office, as a way to pray incessantly, to draw near to God, and to prepare our hearts for the joy of Easter. As we fast, pray, and reflect, let us remember that our prayers, though small, contribute to a larger canvas of devotion that unites the Church and brings glory to God.

Useful Scripture:

1 Thessalonians 5:17 - Pray without ceasing.

Colossians 4:2 - Devote yourselves to prayer, being watchful and thankful.

Mark 14:38 - Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.

Luke 18:1 - Then Jesus told his disciples a parable to show them that they should always pray and not give up.

Stay blessed, always.

*Prepared by Mother Miranda
First Sunday in Lent 2025*

C. W. McPherson, [Grace at this Time](#) – Praying the Daily Office, 1999

² [The Eight Daily Prayer Periods - Benedictine Abbey of Christ in the Desert](#)

Thank you to those who assisted with the Services today:

Altar Guild: Debora Jones Akiyama, Josephine Thien
Counters: Matthew Savage, Bonnie SooChan

8:30 am Service

Intercessor & Coffee Hour: Ferne Malcolm
Reader & Lay Assistant: Sharon Cooper

10:00 am Service

Ushers: Pronella Daniel, Doris Lee
Music: Gail Craig, The Choir
Reader: Georgie Green
Intercessor: Geri Grigg
Lay Assistants: Matthew Savage, Bonnie SooChan
Tech Team: Roger Stock, John Warren
Coffee Hour: Mel G, Betty Moore

*The 10am Lord's Prayer is © 2022 Worthily Magnify Music /
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Welcome to St. John's!