



THE
THIRD
SUNDAY
IN
LENT

SPIRITUAL
COMMUNION

SUNDAY,
MARCH 3, 2024
AT
9:00 A.M.

The Church of
the Redeemer

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Toronto, ON
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WELCOME TO THE CHURCH OF THE REDEEMER!

We are in the heart of downtown Toronto, and we gather to celebrate on the traditional lands of the Wendat, Haudenosaunee, and Anishinaabe Nations, including the Mississaugas of the Credit First Nation. Our beautiful building connects us to the rich heritage of our city while also drawing us deeper into the roots of our Anglican tradition. Just as the streetscape around us has evolved over the years, our members have changed to reflect the growing, vibrant and progressive Christian community found at the Redeemer today. We come from a variety of faith traditions (and sometimes no faith tradition at all), and we like it that way. We are students, workers, retired, homeless, not limited by sexual orientation, gender identity or personal history. We are at the very beginning of our life with Jesus, and we are deeply steeped in a life complicated by faith. We open our doors to worship God and to learn about Jesus, and how all of this might just transform our lives.

If you would like to stay up to date with our news and events, please feel free to subscribe to our eNewsletter by going to theredeemer.ca/newsletters.

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If you would like to support the ministry of this parish with a financial gift, scan the QR code to go to our online donation page. We thank you for your generosity.

President: Paige Souter

Land Acknowledgement

During the season of Lent, we will begin the liturgy in silence. Therefore, all are encouraged to offer this prayer, acknowledging the lands on which we dwell before the service begins.

In this Holy time of Lent, we acknowledge with respect that we gather today in many sacred places that were home to those who have been displaced. We recognize that our church dwells on the traditional lands of the Wendat, the Haudenosaunee and the Anishinaabe Nations, including the Mississaugas of the Credit First Nation. Holy One, help us to repent of all that we have done, and to make peace with those whom we have wronged, through Jesus Christ our Redeemer. Amen.

Opening Hymn: “What’s So Funny about Peace, Love, and Understanding” *(Nick Lowe)* *Redeemer Music Team*

As I walk through this wicked world
Searchin' for light in the darkness of insanity.
I ask myself is all hope lost?
Is there only pain and hatred, and misery?

And each time I feel like this inside,
There's one thing I wanna know:
What's so funny 'bout peace love & understanding?

And as I walked on through troubled times
My spirit gets so downhearted sometimes
So where are the strong and who are the trusted?
And where is the harmony? Sweet harmony.

'Cause each time I feel it slippin' away, just makes me wanna cry.
What's so funny 'bout peace love & understanding?

So where are the strong? And who are the trusted?
And where is the harmony? Sweet harmony.

'Cause each time I feel it slippin' away, just makes me wanna cry.
What's so funny 'bout peace love & understanding?

The Penitential Rite

Paige Souter

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 God's infinite goodness and mercy.

Confession and Absolution

Paige Souter

Priest: Most merciful God,

People: **we confess that we have sinned against you
in thought, word, and deed,
by what we have done, and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbours as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us,
that we may delight in your will, and walk in your ways,
to the glory of your name. Amen.**

Priest: Almighty God have mercy upon you,
pardon and deliver you from all your sins,
confirm and strengthen you in all goodness,
and keep you in eternal life;
through Jesus Christ our Lord.

People: **Amen.**

The Collect of the Day

Paige Souter

Priest: God of mercy,
alone we have no power in ourselves to help ourselves.
When we are discouraged by our weakness,
strengthen us to follow Christ,
our pattern and our hope;
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

✠ Proclamation of the Word

Christina Chang

Reader: A Reading from the Book of Exodus.

God spoke all these words: I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbour.

You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

Reader: The word of the Lord.

Exodus 20.1-17

All: **Thanks be to God.**

One minute of silence is observed

Psalm 19 (George Black)

Redeemer Music Team

Refrain

The com - mand - ment of God is_ clear and gives light. to the eyes.

The heavens declare your glory, O God,
and the firmament shows your handiwork.
One day tells its tale to another,
and one night imparts knowledge to another. **Refrain**

Although they have no words or language,
and their voices are not heard,
their sound has gone out into all lands,
and their message to the ends of the world. **Refrain**

In the deep you have set a pavilion for the sun;
it comes forth like a bridegroom out of his chamber,
and rejoices like a champion to run its course.
It goes forth from the uttermost edge of the heavens
and runs about to the end of it again;
nothing is hidden from its burning heat. **Refrain**

The law of God is perfect and revives the soul;
the testimony of our God is sure and gives wisdom to the innocent.
The statutes of our God are just and rejoice the heart;
the commandment of God is clear and gives light to the eyes. **Refrain**

The fear of God is clean and endures for ever;
the judgments of our God are true and righteous altogether.
More to be desired are they than gold, more than much fine gold,
sweeter far than honey, than honey in the comb.
By them also is your servant enlightened,
and in keeping them there is great reward. **Refrain**

How can I tell how often I offend?
cleans me from my secret faults.
Above all, keep your servant from presumptuous sins; let them not get dominion over me;
then shall I be whole and sound, and innocent of a great offence.
Let the words of my mouth and the meditation of my heart be acceptable in your sight,
O God, my strength and my redeemer. **Refrain**

One minute of silence is observed

Gospel Acclamation

Redeemer Music Team



O glo-ry to you, O Word of God, Lord Je - sus Christ, Lord Je-sus Christ.

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The Gospel

Steven Mackison

Priest: The Lord be with you.

All: **And also with you.**

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

All: **Glory to you, Lord Jesus Christ.**

Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are setting your mind not on divine things but on human things."

He called the crowd with his disciples, and said to them, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels."

Priest: The Gospel of Christ.

All: **Praise to you, Lord Jesus Christ.**

John 2.13-22

Homily: Paige Souter

One minute of silence is observed

Henry Krol

Prayers of the People

Let us pray.

Because you, God, love the world,
because in Christ you walked it,
we dare to pray;

God, send your spirit:

O Lord hear my prayer. Come and listen to me.

To connect the words of ancient scripture
to the life of the world today;
to let the urgent summons of Jesus
surpass our reticence to respond,
God, send your spirit:

O Lord hear my prayer. Come and listen to me.

To awaken the minds of those in power
to the realities of those they govern;
to confront the arrogance of the privileged
with the vulnerability of the poor,
God, send your spirit:

O Lord hear my prayer. Come and listen to me.

To engage the fragile state of the planet
with those who carelessly abuse it;
to let the pain of those who are hurting
awaken the caring potential in the healthy,
God, send your spirit:

O Lord hear my prayer. Come and listen to me.

To eradicate the distance
between our convictions and commitments,
our potentials and our performance,
our prayers and our politics,
our faith and our discipleship,
God, send your spirit:

O Lord hear my prayer. Come and listen to me.

To hold before God in confidence
the ones for whom we weep,
and the ones who, in joy or sorrow weep for us;
the ones who reveal in themselves what is hidden,
and the ones who treat as precious all we confide in them,
the ones who, today, we want to pray for,
and the ones who, unasked, today will pray for us,
God, send your spirit:

O Lord hear my prayer. Come and listen to me.

Convince us, gracious God,
that all is up for redemption.

And since in Jesus you destined all to be changed and made new,
enable us to be agents of your purpose.

We pray in Jesus' name:

Amen.

The Peace

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

People: **And also with you.**

Offertory Hymn: #399 (Gather) "Deep Within"

Redeemer Music Team

Refrain:

Deep with-in I will plant my law, not on stone, but in your
heart. Fol-low me, I will bring you back, you will
be my own, and I will be your God.

1. I will give you a new heart, a new spir - it with -
2. Seek my face, and see your
3. Re - turn to me, with all your

in you, for I will be your strength.
God, for I will be your hope.
heart, and I will bring you back.

D.C.

The Lord's Prayer

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

All: **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 for ever. Amen.**

The Giving and Receiving of Communion

Priest: Dear friends, I invite you in this moment, wherever you may be, to receive Christ, in communion with the saints, and the gathering of God's people, unseen and yet present with us now.

For those of us participating at home, it is a strange experience to be invited to Communion – not through the physical bread and wine we can touch and taste – but a Spiritual Communion with the God who comes to meet us wherever we are.

There are no special words or prayers for this, all the Church has ever thought necessary is genuine true desire, lively faith, and genuine love. Come honestly before God the way you know how.

You may wish to pray quietly this prayer to help you:

One: O Christ, I believe that you are truly present in the Blessed Sacrament of the Altar. I desire to offer you praise and thanksgiving as I proclaim your resurrection. I love you above all things, and long for you in my soul. Since I cannot receive you in the Sacrament of your Body and Blood, come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.

Healing

For those desiring prayers for healing, please contact one of the clergy present privately in the chat.

The Dismissal

Priest: Go forth in the name of Christ.

People: **Thanks be to God.**

Concluding Hymn: “Earth-Maker, Source of the World and our Wisdom”

All sing



1. Earth - mak - er, source of the world and our wis - dom,
2. Pain - bear - er, hold - ing the frag - ile and fault - ed,
3. Life - giv - er, of - fer - ing jus - tice and mer - cy,
lov - er and car - er, for - ev - er the same; bread for our
lov - ing the bro - ken and tend - ing the frail; bring - ing for -
need - ing your pres - ence we come at your call; hal - low your
sus - te - nance, all we have need - ed, you of - fer
give - ness and grace for our mend - ing, you are the
name through the whole of cre - a - tion, you reign in
free - ly, we wor - ship your name.
heav - en where love will not fail.
glo - ry for - ev - er and all!

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