



FIRST SUNDAY OF LENT
SPIRITUAL COMMUNION

SUNDAY, MARCH 9, 2025, AT 9:00 A.M.

The Church of the Redeemer:

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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 <https://theredeemer.ca/post-17524>.

theredeemer.ca

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President: Paige Souter



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.

Welcome

Land Acknowledgement

Lenten Practice

We are invited to observe a holy Lent through self-examination, penitence, prayer, fasting and alms-giving. During our Sunday morning services, we invite you to participate in the following Lenten practice which will give time and space for personal silent prayer, paying attention to how the readings and homily are resting in our hearts.

- 1. Following the homily, we are invited to write down the people, places, and concerns you want to hold before God.*
- 2. At the Easter Vigil, we will take all of these prayers and include them in the new fire from which we will light the Paschal candle. As the flames of that fire dance in the darkness of the night, our prayers will rise like incense, and the light will scatter the shadows of fear and doubt.*

Opening Hymn: #393 (Gather) “Jesus Walked This Lonesome Valley”

Redeemer Music Team



1. Je - sus walked this lone-some val-ley; He had to walk it by him - self. Oh,
2. We must walk this lone-some val-ley; We have to walk it by our - selves. Oh,
3. You must go and stand your tri-al; You have to stand it by your - self. Oh,



no-bod-y else could walk it for him; He had to walk it by him - self.
no-bod-y else can walk it for us; We have to walk it by our - selves.
no-bod-y else can stand it for you; You have to stand it by your - self.

✠ The Penitential Rite

Paige Souter

Priest: Holy God, Maker of all

People: **Have mercy on us.**

Priest: Jesus Christ, Son of Mary

People: **Have mercy on us.**

Priest: Holy Spirit, breath of life

People: **Have mercy on us.**

Priest: Let us in silence remember our own faults and failings.

Silence is kept.

Priest: In the community of Christ's Church and in the presence of all God's people, I confess to God that I have sinned in thought, word and deed. I have not loved God, cared for God's people as I should. I own my responsibility and pray for God's pardon.

All: **May God forgive you, Christ befriend you,
and the Spirit renew and change your life.**

Priest: Amen.

All: **In the community of Christ's Church and in the presence of all God's people, we confess to God that we have sinned in thought, word and deed. We have not loved God, cared for God's people as we should. We own our responsibility and pray for God's pardon.**

Priest: May God forgive you, Christ befriend you,
and the Spirit renew and change your life.

All: **Amen.**

The Collect of the Day

Paige Souter

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.

People: **Amen.**

✠ Proclamation of the Word

First Reading:

Murray Bryant

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, 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 26.1-11

People: Thanks be to God.

A moment of silence is observed

Psalm 91.1-2, 9-16 (George Black)

Redeemer Music Team

Refrain

God shall give the an - gels charge o - ver you.

Those who dwell in the shelter of the Most High,
abide under the shadow of the Almighty
They shall say to God,
"You are my refuge and my stronghold,
my God in whom I put my trust." **Refrain**

Because you have made God your refuge,
and the Most High your habitation.
No evil shall happen to you,
neither shall any plague come near your dwelling. **Refrain**

For God's angels shall take care of you,
to keep you in all your ways.
They shall bear you in their hands,
lest you dash your foot against a stone. **Refrain**

You shall tread upon the lion and adder,
you shall trample the young lion and the serpent under your feet.
Because you are bound to me in love,
therefore I will deliver you; I will protect you, because you know my name. **Refrain**

You will call upon me, and I will answer you;
I am with you in trouble; I will rescue you and bring you to honour.
With long life will I satisfy you,
and show you my salvation. **Refrain**

The Gospel

Paige Souter

Priest: The Lord be with you.

***People:* And also with you.**

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

***People:* 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, 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

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

A moment of silence is observed.

Homily: Anne Evers

A moment of silence is observed.

Prayers of the People

Deb Hinton

Leader: In this holy season, let us with humble hearts draw near to God, lifting prayers for ourselves, our neighbours, and the world.

Gracious God, we begin our Lenten journey directing our hearts to you, hearts that long for healing, for peace, for gentleness, and for compassion. Befriend us, both followers and catechumens. Guide our inward journey so that we may be transformed by your grace.

Please add your prayers, either silently or aloud.

Leader: God, in your mercy,

***All:* hear our prayer.**

Leader: We pray for all that is broken. Shower your grace on all who are suffering; those who are unhoused, are unemployed, are victims of war, are refugees, are ill, are lonely, and the suffering planet. We give thanks for Lemlem’s safe arrival in Canada. Guide our hearts to be open to all in need.

Please add your prayers, either silently or aloud.

Leader: God, in your mercy,

***All:* hear our prayer.**

Leader: We pray for calmness of heart and decency. Empower the followers of Jesus to be the defenders of human dignity and the dignity of the earth. Instill in us the calm passion to resist powers that seek to degrade, humiliate, and destroy. Guide our hearts to be your compassionate presence.

Please add your prayers, either silently or aloud.

Leader: God, in your mercy,

All: **hear our prayer.**

Leader: We pray for peace. Soften hearts that are filled with fear and hate and anger and pain. Transform hearts that divide into hearts that reconcile, hearts filled with gentleness, justice, and love. Guide our hearts to be agents of peace.

Please add your prayers, either silently or aloud.

Leader: God, in your mercy,

All: **hear our prayer.**

Leader: Beloved One, may we draw nearer to you, each other, and creation. May we journey through Lent as you journeyed through the wilderness, trusting in God's guidance and sustaining grace. **Amen.**

The Peace

Paige Souter

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

People: **And also with you.**

Hymn: #386 (Common Praise) "Hosea"

Redeemer Music Team



1. Come back to me with all your heart.
Trees do bend, 'though straight and tall;
2. The wil - der - ness will lead you
In - teg - ri - ty and jus - tice,
3. You shall sleep se - cure with peace;



1. Don't let fear keep us a - part.
so must we to oth - ers' call.
2. to your heart where I will speak.
With ten - der - ness, you shall know.
3. faith - ful - ness will be your joy. (To refrain)

Refrain

Long have I wait - ed for your com - ing home to me and

liv - ing deep - ly our new life.

D.C.

Text: Based on Hosea 6:1, 3:3, 2.16,21; Joel 2:12; Gregory Norbet, b.1940. Tune: Gregory Norbet, b.1940; arr. by Mary David Callahan, b.1923
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The Lord's Prayer

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

Paige Souter

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.

Announcements

Dismissal

Paige Souter

Priest: Let us bless the Lord.

People: Thanks be to God.

Concluding Hymn: #565 (Common Praise) "Guide Me, O Thou Great Redeemer"

Redeemer Music Team

The musical score is written on a single staff with a treble clef and a key signature of one sharp (F#). The melody consists of a series of eighth and quarter notes, with some measures containing rests. The lyrics are arranged in three columns, corresponding to the three verses of the hymn. The first column contains the first verse, the second column contains the second verse, and the third column contains the third verse. The lyrics are: 1. Guide me, O thou great Re-deem-er, pil-grim through this bar-ren land. I am weak, but thou art might-y; stream doth flow; let the fire and cloud-y pil-lar fears sub-side; death of death, and hell's des-truc-tion, hold me with thy power-ful hand. Bread of heav-en, lead me all my jour-ney through. Strong de-liv-erer, land me safe on Ca-naan's side: songs of prais-es, bread of heav-en, feed me till I want no more, strong de-liv-erer, be thou still my strength and shield, songs of prais-es, I will ev-er give to thee, feed me till I want no more. be thou still my strength and shield. I will ev-er give to thee.

1. Guide me, O thou great Re-deem-er, pil-grim through this
2. Op-en now the crys-tal foun-tain whence the heal-ing
3. When I tread the verge of Jor-dan, bid my anx-ious
bar-ren land. I am weak, but thou art might-y;
stream doth flow; let the fire and cloud-y pil-lar
fears sub-side; death of death, and hell's des-truc-tion,
hold me with thy power-ful hand. Bread of heav-en,
lead me all my jour-ney through. Strong de-liv-erer,
land me safe on Ca-naan's side: songs of prais-es,
bread of heav-en, feed me till I want no more,
strong de-liv-erer, be thou still my strength and shield,
songs of prais-es, I will ev-er give to thee,
feed me till I want no more.
be thou still my strength and shield.
I will ev-er give to thee.

Text: William Williams (1717-1791); tr. Peter Williams (1723-1796), alt. Music: CWM RHONDDA. John Hughes (1873-1932) ©. Reprinted by permission of Ms. C.A. Webb.

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WORSHIP WITH US

Sunday March 9 (First Sunday in Lent)

8:00 PM – Compline (on Zoom only)

Sunday March 16 (Second Sunday in Lent)

9:00 AM – Spiritual Communion (on Zoom only)

10:30 AM – Holy Eucharist (in the Church and through YouTube)

8:00 PM – Compline (on Zoom only)