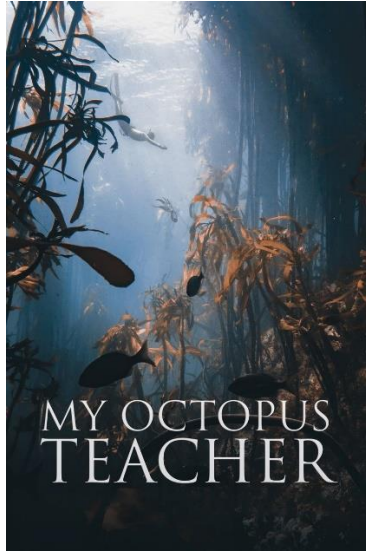


Sung Eucharist

The Book of Alternative Services



My Octopus Teacher - 2020 Netflix Documentary Film

14 March 2021
Fourth Sunday in Lent
11:00 am



St. George's Cathedral, Kingston

Prelude: *Ich ruf zu dir (BWV 639), J.S. Bach*

Setting: *Russian Mass, Larkin*

The Gathering of the Community

All stand. The presider greets the community.

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

People **And with thy spirit.**

Presider Bless the Lord who forgives all our sins.

People **His mercy endures for ever.**

Presider Almighty God,

All **unto whom all hearts be open, all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy name; through Jesus Christ our Lord. Amen.**

The Summary of the Law

Presider Our Lord Jesus Christ said: hear, O Israel, the Lord our God is one Lord; and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength. This is the first and great commandment. And the second is like unto it: thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets.

Lord, have mercy upon us, and write both these thy laws in our hearts, we beseech thee.

Confession and Absolution

Presider Dear Friends in Christ,
as we prepare for the Paschal Feast,
continuing in the apostles' teaching and fellowship,
in the breaking of bread, and in the prayers,
let us make ready our hearts
to renew the covenant of our baptism.
Let us kneel before our Creator and Redeemer.

All Kneel.

The presider continues,

Let us ask God to bring to light
the things now hidden in darkness,
and to disclose to us the secret purposes of our hearts. And most
especially, let us remember the covenant of our baptism
and test our hearts and conscience to know how faithfully
we have striven for justice and peace among all people,
respecting the dignity of every human being.

Silence is kept.

Presider

Almighty God,

All

**Father of our Lord Jesus Christ, Maker of all things and judge of all
people: we acknowledge and confess our manifold sins and
wickedness, which we from time to time most grievously have
committed, by thought, word and deed, against thy divine majesty.
We do earnestly repent, and are heartily sorry for these our
misdoings. Have mercy upon us, most merciful Father; for thy Son
our Lord Jesus Christ's sake, forgive us all that is past; and grant that
we may ever hereafter serve and please thee in newness of life, to the
honour and glory of thy name; through Jesus Christ our Lord. Amen.**

Presider

Almighty God, our heavenly Father, who of his great mercy hath
promised forgiveness of sins to all them that with hearty repentance
and true faith turn unto him: have mercy upon you; pardon and
deliver you from all your sins; confirm and strengthen you in all
goodness; and bring you to everlasting life; through Jesus Christ our
Lord.

All

Amen.

Kyrie Eleison

Choristers

Kyrie eleison, Christe eleison, Kyrie eleison

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

The Collect of the Day

*The community may pray silently. The celebrant then sings or says the collect, after which the people
respond, Amen.*

Presider

Let us pray.

All God of grace, you know our struggle to serve you: when sin spoils our lives and overshadows our hearts, come to our aid and turn us back to you again; through Jesus Christ our Lord. **Amen.**

The Proclamation of the Word

The Readings (Ruth Oliver)

A first reading as appointed.

Reader **A Reading from the Book of Numbers 21:4-9**

From Mount Hor they set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food." Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, "We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us." So Moses prayed for the people. And the Lord said to Moses, "Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

At the conclusion of the passage, the reader says,

The word of the Lord.

People **Thanks be to God.**

Silence may be kept. Then shall follow a psalm as appointed.

Psalm 107:1-3, 17-22

- 1 O give thanks unto the Lord, for he is gracious, / and his mercy endureth for ever.
- 2 Let them give thanks whom the Lord hath redeemed, / and delivered from adversity;
- 3 And gathered them out of the lands, from the east and from the west, / from the north and from the south.
- 17 They that are foolish are afflicted for their offence, / and because of their wickedness.
- 18 Their soul abhorred all manner of meat, / and they were even hard at death's door.
- 19 So they cried unto the Lord in their trouble, / and he delivered them from their distress.
- 20 He sent his word and healed them, / and saved them from their destruction.
- 21 O that men would therefore praise the Lord for his goodness, / and declare the wonders that he doeth for the children of men!
- 22 That they would offer unto him the sacrifices of thanksgiving, / and tell out his works with gladness!

Reader

A Reading from the Letter from Paul to the Ephesians 2:1-10

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else.

But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ – by grace you have been saved – and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God – not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

At the conclusion of the passage, the reader says:

The word of the Lord.

People

Thanks be to God.

Gradual Hymn (please stay seated while the Choristers sing)

I heard the voice of Jesus say,
'Come unto me and rest;
lay down, thou weary one, lay down
thy head upon my breast':
I came to Jesus as I was,
weary and worn and sad;
I found in him a resting-place,
and he has made me glad.

2 I heard the voice of Jesus say,
'Behold, I freely give
the living water, thirsty one;
stoop down and drink and live':
I came to Jesus, and I drank
of that life-giving stream;
my thirst was quenched, my soul revived,
and now I live in him.

3 I heard the voice of Jesus say,
'I am this dark world's light;
look unto me, thy morn shall rise,
and all thy day be bright':
I looked to Jesus, and I found
in him my star, my sun;
and in that light of life I'll walk
till travelling days are done.

Kingsfold

English Traditional Melody

Horatius Bonar, 1808-89

All stand for the Gospel.

Reader The Lord be with you.

People **And with thy spirit.**

Reader The Holy Gospel of our Lord Jesus Christ according to John

People **Glory be to thee, O Lord.**

Jesus said, "and just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. "Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgement, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

John 3:14-21

At the conclusion of the passage, the reader says:

The Gospel of Christ.

People **Praise be to thee, O Christ.**

Sermon – Eric Friesen- “*And I Know That I am Loved*”

A silence for reflection may follow.

The Nicene Creed

**I believe in one God, the Father almighty,
maker of heaven and earth,
and of all things visible and invisible;
And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of the Father before all worlds,
God, of God; Light, of Light;
very God, of very God;
begotten, not made;
being of one substance with the Father;
through whom all things were made:
who for us and for our salvation
came down from heaven,
and was incarnate by the Holy Ghost of the Virgin Mary,**

and was made man,
and was crucified also for us under Pontius Pilate.
He suffered and was buried,
and the third day he rose again
according to the scriptures,
and ascended into heaven,
and sitteth on the right hand of the Father.
And he shall come again with glory
to judge both the quick and the dead:
whose kingdom shall have no end.
And I believe in the Holy Ghost,
the Lord, the giver of life,
who proceedeth from the Father and the Son,
who with the Father and the Son together
is worshipped and glorified,
who spake by the prophets.
And I believe one, holy, catholic, and apostolic Church.
I acknowledge one baptism for the remission of sins.
And I look for the resurrection of the dead,
and the life of the world to come. Amen.

The Prayers of the People (Ruth Oliver)

Leader In peace let us pray to the Lord.
People **Lord, have mercy.**
Leader For peace from on high
and for our salvation, let us pray to the Lord.
People **Lord, have mercy.**
Leader For the peace of the whole world,
for the welfare of the holy Church of God, and for the unity of all,
let us pray to the Lord.
People **Lord, have mercy.**
Leader For our bishops,
and for all the clergy and people, let us pray to the Lord.
People **Lord, have mercy.**
Leader For Elizabeth our Queen,
for the leaders of the nations, and for all in authority,
let us pray to the Lord.
People **Lord, have mercy.**
Leader For this city of Kingston,
for every city and community,
and for those who live in them in faith, let us pray to the Lord.
People **Lord, have mercy.**

Leader For good weather,
and for abundant harvests for all to share, let us pray to the Lord.

People **Lord, have mercy.**

Leader For those who travel by land, water, or air, for the sick and the
suffering (especially . . .) for prisoners and captives,
and for their safety, health, and salvation, let us pray to the Lord.

People **Lord, have mercy.**

Leader For our deliverance from all affliction, strife, and need,
let us pray to the Lord.

People **Lord, have mercy.**

Leader For the absolution and remission of our sins and
offences,
let us pray to the Lord.

People **Lord, have mercy.**

Leader For all who have died (especially . . .) let us pray to the Lord.

People **Lord, have mercy.**

Leader Remembering St George, and all the saints, we commit
ourselves, one another, and our whole life to Christ our God.

People **To thee, O Lord.**

Leader Almighty God, who hast given us grace at this time with one accord to
make our common supplications unto thee; and dost promise that when
two or three are gathered together in thy name thou wilt hear their
requests: fulfil now, O Lord, the desires and petitions of thy servants as
may be most expedient for them; granting us in this world knowledge of
thy truth, and in the world to come life everlasting; for thou, Father, art
good and loving, and we glorify thee through thy Son Jesus Christ our
Lord, in the Holy Spirit, now and for ever.

People **Amen.**

The Peace

All stand, and the presider addresses the people.

The peace of the Lord be always with you.

People **And with thy spirit.**

The Celebration of the Eucharist

Eucharistic Prayer A

Celebrant The Lord be with you.
People **And with thy spirit.**

Celebrant Lift up your hearts.
People **We lift them up unto the Lord.**

Celebrant Let us give thanks unto our Lord God.
People **It is meet and right so to do.**

Celebrant It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God, creator and preserver of all things.

Who hast bidden us thy faithful people to cleanse our hearts and to prepare with joy for the Paschal feast; that reborn through the waters of baptism, and renewed in the eucharistic mystery, we may be more fervent in prayer and more generous in works of love.

Celebrant Therefore with angels and archangels, and with all the company of heaven, we laud and magnify thy glorious name; evermore praising thee and saying:

Chorister 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.

Celebrant Blessing and glory and thanksgiving be unto thee, almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memorial of that his precious death, until his coming again.

Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood;

who, in the same night that he was betrayed, took bread; and, when he had given thanks, he brake it; and gave it to his disciples, saying, "Take, eat; this is my body which is given for you: Do this in remembrance of me."

Likewise after supper he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all, of this; for this is my blood of the new covenant, which is shed for you and for many for the remission of sins: Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Father, Lord of heaven and earth, we thy humble servants, with all thy holy Church, remembering the precious death of thy beloved Son, his mighty resurrection, and glorious ascension, and looking for his coming again in glory, do make before thee, in this sacrament of the holy bread of eternal life and the cup of everlasting salvation, the memorial which he hath commanded:

All **We praise thee, we bless thee, we thank thee,
and we pray to thee, Lord our God.**

Celebrant And we entirely desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving, most humbly beseeching thee to grant, that by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church may obtain remission of our sins, and all other benefits of his passion; And we pray that by the power of thy Holy Spirit, all we who are partakers of this holy communion may be fulfilled with thy grace and heavenly benediction; through Jesus Christ our Lord, by whom and with whom, in the unity of the Holy Spirit, all honour and glory be unto thee, O Father Almighty, world without end. **Amen.**

The Lord's Prayer

Presider As our Saviour taught us, let us pray,

All **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 them that trespass against us; And lead us not into temptation, But deliver us from evil. Amen.

The Breaking of the Bread

Then the celebrant breaks the consecrated bread. Then may be said,

All We do not presume to come to this thy table, O merciful Lord, Trusting in our own righteousness, But in thy manifold and great mercies. We are not worthy So much as to gather up the crumbs under thy table. But thou art the same Lord, Whose property is always to have mercy: Grant us therefore, gracious Lord, So to eat the flesh of thy dear Son Jesus Christ, And to drink his blood, That we may evermore dwell in him, And he in us. Amen.

Agnus Dei

Chorister 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.

Prayer after Communion

Celebrant Let us pray.

All Almighty and everliving God, We most heartily thank thee That thou dost graciously feed us, in these holy mysteries, With the spiritual food of the most precious body and blood Of thy Son our Saviour Jesus Christ; Assuring us thereby of thy favour and goodness towards us; And that we are living members of his mystical Body, Which is the blessed company of all faithful people; And are also heirs through hope of thy everlasting kingdom.

And here we offer and present unto thee, O Lord, Ourselves, our souls and bodies, To be a reasonable, holy, and living sacrifice unto thee. And although we are unworthy, Yet we beseech thee to accept this our bounden duty and service, Not weighing our merits, but pardoning our offences; Through Jesus Christ our Lord, To whom, with thee and the Holy Spirit, be all honour and glory, World without end. Amen.

The celebrant may bless the people.

Celebrant The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord: And the blessing of God almighty, the Father, the Son, and the Holy Spirit be amongst you and remain with you always. **Amen.**

Dismissal

The celebrant may bless the people. The deacon, or other leader, dismisses the people, saying in these or similar words,

Leader Go in peace to love and serve the Lord.

People **Thanks be to God.**

Postlude: *Prelude and Fugue in D minor (BWV 554), J.S. Bach*

Interim Dean: The Ven. David Selzer
Interim Director of Music: Brad Barbeau

Prayer List: The Very Rev Sharon Murdoch, The Rev Don Goodwin, Collin Stewart, John Bate, Dee Padfield, Kathy Anderson, Sandy, Jason, Allie and Dev Kauenhofen, Paul Robertson, Richard Watson-Laird, Danielle Clarke, Sean Lovett, Ralph Brose, Gill Cleghorn, Gwynne Hardy.

Parish Cycle of Prayer: Our Welcome Guild, Harold Redekopp and Lynn Wilson; Douglas and Barbara Fox, Louis Franchi and Emilia Heusel, Eric and Susan Friesen, Robert and Connie Gardiner and their families.

We are delighted that you are with us for worship today.

Every person who is baptized is invited to the Lord's Table to receive Holy Communion with us. Gluten-free wafers are available. All people are welcome to come forward at the time of Communion. Please cross your arms to indicate a prayer of blessing if you do not wish to receive Communion.

Receiving Communion during pandemic: To receive Communion please line up in single file down the center aisle while practicing social distancing. Approach the Clergy with your mask on and arms fully outstretched hands together. You will receive a wafer only. Immediately step aside, move your mask, consume the wafer and return to your pew using a side aisle.

Sunday, March 14, 3:00 pm, Evensong (virtual)

Wednesday, March 17, 12:15 pm Holy Eucharist, in Lady Chapel

Thursday, March 18, 10:30am Eucharist, with prayers for healing, in Lady Chapel

Friday, March 19, 11:50am Litany of Reconciliation, on church steps

Readings for next Sunday, March 21 - Fifth Sunday in Lent

**Book of Prophecies of Jeremiah 31:31-34, Psalm 51:1-13, Letter to the Hebrews 5:5-10
John 12:20-33**

Announcements

Easter Flowers – For those who wish to make a donation towards the Easter Flowers in memory of a loved one, OR in recognition/thanksgiving/celebration, a donation form is available at the back of the Church today. When complete, please place on the collection plate, or hand in at the church office by **Monday, March 29, 2021**.

Flower Guild is in need of empty clean 500 ml (2 cup) size plastic containers. If you have any, please leave with the office or in the cottage kitchen. With our thanks.

To register for Sunday Services: Please register through the Cathedral website at www.stgeorgescathedral.ca (there is also a video on the website demonstrating how to order a ticket). If you do not have Internet access, please call the parish office at 613-548-4617 to reserve a space for the coming Sunday. Please make every effort to register by Thursday each week

You are also welcome to watch a **Livestream** of the 11:00 am Sunday Service at: <https://www.stgeorgescathedral.ca/live>

VACCINATIONS:

As the roll out of the vaccine gets started in Kingston, some of your 80+ friends may have had a first dose. They have been part of a pilot test and they were contacted by Public Health for an appointment.

Others will have to brave the on-line reservation system starting March 15, 2021 or phone in to a designated number.

If you are over 80 and need help with the on-line service, please phone the church office and leave a name and phone number. Some computer wizard will be in touch with you to help with the booking process.

If you have an appointment, but no ride out to the Invista Centre, please phone and we can help with transport.

The same will no doubt happen a bit later for 70+ and those with certain health conditions and we can help with that also.

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