

# LITTLE TRINITY

SINCE 1842



GROW TOGETHER  
LOVE OUR WORLD  
GOD IN THE MIDDLE  
SERVE EACH OTHER

**Sunday, October 18, 2020**

All Ages Liturgy  
**9:00am In-person**  
**10:45am Livestream**



# Welcome to Little T!

## A Liturgical Style of Worship

This booklet will hopefully help make you feel more comfortable, especially if this is new to you.

Liturgical worship simply means we follow a particular order of service that is grounded in liturgy or "the work of the people". We use a liturgical form of service for our gatherings because we are not putting on a show for people to watch. Rather, the liturgy walks us through the wonderful story of Jesus Christ in a sequence that brings home the good news of God's grace to us. Each week we are brought back to the strange and amazing story of God with us. Today, our service is from the Book of Alternative Services (BAS) developed in 1985.

If this is new to you please join in only when you are comfortable. Note the instructions **STAND**, **SIT** and **SIT/KNEEL**. In general, we stand to praise, sit to learn and sit/kneel to pray. **Bold** print directs you to join in unison.

### CHILDREN

Contact: Tiffany Robinson for details  
([children@littletrinity.org](mailto:children@littletrinity.org))

### YOUTH

Contact Morgan Chu for details  
([youth@littletrinity.org](mailto:youth@littletrinity.org))

## MORNING SERVICE

### WELCOME

The Rev. Orvin Lao, Community Connections Pastor

#### **Musical Worship**

Join in with our worship team as you feel led, sitting or standing as you are comfortable. The historic tradition uses music and song to direct ourselves towards God in praise and to direct our own hearts towards God's truth.

#### **Opening Prayers**

Worshipping God must begin with a heart prepared to enter into his presence. The Collect is a prayer that collects the intentions of our service; each Sunday there is a different collect paired with the readings and sermon message.

### MUSICAL WORSHIP

**STAND**

### OPENING PRAYERS

**SIT/KNEEL**

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

**And also with you.**

Almighty God,  
**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.**

### THE COLLECT OF THE DAY

**SIT/KNEEL**

**Almighty and everlasting God, in Christ you have revealed your glory among the nations: Preserve the works of your mercy, that your Church throughout the world may persevere with steadfast faith in the confession of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.**

## THE PROCLAMATION OF THE WORD

**READING**

**Ephesians 4:1-16**

**SIT**

<sup>1</sup> I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, <sup>2</sup> with all humility and gentleness, with patience, bearing with one another in love, <sup>3</sup> eager to maintain the unity of the Spirit in the bond of peace. <sup>4</sup> There is one body and one Spirit - just as you were called to the one hope that belongs to your call - <sup>5</sup> one Lord, one faith, one baptism, <sup>6</sup> one God and Father of all, who is over all and through all and in all. <sup>7</sup> But grace was given to each one of us according to the measure of Christ's gift. <sup>8</sup> Therefore it says,

“When he ascended on high he led a host of captives,  
and he gave gifts to his people.”

<sup>9</sup> (In saying, “He ascended,” what does it mean but that he had also descended into the lower regions, the earth? <sup>10</sup> He who descended is the one who also ascended far above all the heavens, that he might fill all things.) <sup>11</sup> And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, <sup>12</sup> to equip the saints for the work of ministry, for building up the body of Christ, <sup>13</sup> until we all attain to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the stature of the fullness of Christ, <sup>14</sup> so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. <sup>15</sup> Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, <sup>16</sup> from whom the whole body, joined and held together by every joint with

### Proclamation of the Word

We take time to quiet our minds and listen to the scriptures which we honour and value as God's word to us. We accept this as a gift and offer thanks to God in response. The Proclamation of the Word has two distinct forms and functions: hearing the Word spoken to us as we listen to God's voice through the words of the scripture, and hearing God's word broken apart that we might delve deeper into its meaning and be exhorted to not just hear the Word but to live it as well.

Scripture quotations are adapted from the ESV<sup>®</sup> Bible (The Holy Bible, English Standard Version<sup>®</sup>), copyright © 2001 by Crossway.

which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

The Word of the Lord.

**Thanks be to God.**

## **CHILDREN'S MOMENT (10:45am only)**

### **READING 1 Corinthians 12:1-11**

<sup>1</sup> Now concerning spiritual gifts, brothers and sisters, I do not want you to be uninformed. <sup>2</sup> You know that when you were pagans you were led astray to mute idols, however you were led. <sup>3</sup> Therefore I want you to understand that no one speaking in the Spirit of God ever says "Jesus is accursed!" and no one can say "Jesus is Lord" except in the Holy Spirit.

<sup>4</sup> Now there are varieties of gifts, but the same Spirit; <sup>5</sup> and there are varieties of service, but the same Lord; <sup>6</sup> and there are varieties of activities, but it is the same God who empowers them all in everyone. <sup>7</sup> To each is given the manifestation of the Spirit for the common good. <sup>8</sup> For to one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, <sup>9</sup> to another faith by the same Spirit, to another gifts of healing by the one Spirit, <sup>10</sup> to another the working of miracles, to another prophecy, to another the ability to distinguish between spirits, to another various kinds of tongues, to another the interpretation of tongues.

<sup>11</sup> All these are empowered by one and the same Spirit, who apportions to each one individually as he wills.

The Word of the Lord.

**Thanks be to God.**

## SERMON

**STAND** for prayer, then **SIT**

"Power Gifts"

*Sermon Series: Ephesians 4: The Gifts Given to Us*

The Rev. Timothy Haughton, Senior Pastor

**REFLECTION (Music - 9am/ Silence - 10:45am)**

## CONFESSION OF FAITH

**STAND**

Do you believe in God the Father?

**I believe in God, the Father Almighty  
creator of heaven and earth.**

Do you believe in Jesus Christ, the Son of God?

**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.**

Do you believe in God the Holy Spirit?

**I believe in God 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.**

### Sermon

As we open the Scripture, we corporately encounter Christ. As you listen, pray to be open to the Spirit's leading, exhortation, encouragement and healing.

If you miss a sermon or want to listen again or share with others, podcasts along with small group discussion questions are on our website: [www.littletrinity.org](http://www.littletrinity.org) and they are also available on Google Play and iTunes.

### Confession of Faith

Standing together with Christians throughout the centuries and throughout the world today, we affirm our faith by saying these ancient words together. This is the Apostle's Creed where we acknowledge the historical truths of our faith, passed down throughout the ages.

**Prayers of the People**

The prayers of the people are the response of the community to the proclamation of the word. They are a moment when the gathered community exercises its baptismal role. Baptized into Christ, and made one in his body, we pray with Christ, who constantly prays for us and for all of creation (Hebrews 7:25).

**PRAYERS OF THE PEOPLE**

**SIT/KNEEL**

Lord, in your mercy,  
**Hear our prayer.**

**WEEKLY CYCLE OF PRAYER**

**MINISTRIES OF THE WIDER CHURCH**

WORLDWIDE: For the Episcopal Church

DIOCESE: St. Stephen, Maple; St. Theodore of Canterbury;  
and St. Thomas à Becket

CLERICUS: Church of the Redeemer

**NEIGHBOURHOOD**

Those living and working on St. Paul Street and Gurney Street

**LITTLE TRINITY COMMUNITY AND LEADERS**

Facilities/Morning Sexton - Kelly McDonough

**PARISH**

Jenn Shadbolt; Hanne and John Simoes; Blair and Louise Sinclair; Ian Sinclair  
and Rebecca Isaak; Jessica and Alex Sinclair, Henry; Jennifer Slade, Jack

**MISSION PARTNERS**

Sara Leggett, (IVCF) Calgary and Olds, Alberta

**OFFERTORY WORSHIP**

**(Instrumental - 9am/ Song - 10:45am)**

**OFFERTORY**

*In our offertory we offer our praise and thanksgiving and the gifts of bread and wine to the glory of God. If you wish to financially support the ongoing gospel ministry of Little Trinity Church during this time you can find options on our website at <http://littletrinity.org/give>*



## THE PRAYER OVER THE GIFTS

**Gracious God, all things come from you and you teach us to be generous with what we have. We pray that our gifts may be wisely used for the ministry of the gospel and the relief of those in need for the glory of our Lord Jesus Christ. Amen.**

## THE DOXOLOGY

**STAND**

**Praise God from whom all blessings flow!  
Praise Him all creatures here below!  
Praise Him above ye heavenly host!  
Praise Father, Son and Holy Ghost. Amen.**

## CONFESSION & ABSOLUTION

Dear friends in Christ,  
God is steadfast in love and infinite in mercy;  
He welcomes sinners and invites them to his table.  
Let us confess our sins,  
Confident in God's forgiveness.  
Most merciful God,  
**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.**

### The Prayer over the Gifts & Doxology

In this prayer and in the Doxology we are reminded that this is a time for praise and thanksgiving to God, along with the company of all creation and the unseen heavenly hosts. We are part of a much larger choir than can be contained in this building!

### Confession & Absolution

One of the beauties of this prayer is that it frees us and gives us words that help us be fully honest with God, knowing He hears us, delights in us and longs for us to open our lives up to his forgiving, reforming love.

The absolution, with the word 'absolute' tucked inside it, reminds us that God forgives us 'absolutely' - fully and entirely. Not only that, he steps alongside us to strengthen us and to guide us in walking down a new path.

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.

**Amen.**

## **PEACE**

The peace of the Lord be always with you.

**And also with you.**

## **COMMUNION**

### **Eucharistic Prayer**

Christ's death and resurrection recast the very foundations of the life we are given to live. Thus we come to our 'weekly work' of the liturgy and we give ourselves over to this amazing, true, world-changing story. It is a living story that by the work of the Holy Spirit brings us within its fold, shaping us - and the world - for a new future.

The opening sentences are called the Sursum Corda (Latin for 'lift up your hearts') and are words of preparation, reminding us that this is the Lord's space and that He is present, inviting us to bring our whole selves - all we hold dear and precious - our souls, minds and bodies to God in thanks and praise.

### **EUCCHARISTIC PRAYER**

### **STAND**

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

**Glory to God for ever** (sung)

It is always right to give you thanks, God our Creator, loving and faithful, holy and strong. You made us and the whole universe, and filled your world with life.

**Glory to God for ever** (sung)

You sent your Son to live among us, Jesus our Saviour, Mary's child. He suffered on the cross; he died to save us from our sins; he rose in glory from the dead.

**Glory to God for ever** (sung)

You send your Spirit to bring new life to the world, and clothe us with power from on high. And so we join the angels to celebrate and sing:

**Holy, holy, holy Lord,  
God of power and might,  
heaven and earth of your glory are full.  
Hosanna hosanna hosanna in the highest.**

**Blessed is he who comes  
in the name of the Lord. (repeat)**

**SIT/KNEEL**

Father, on the night before he died, Jesus shared a meal with his friends. He took the bread, and thanked you. He broke it, and gave it to them, saying: Take and eat; this is my body, given for you. Do this to remember me. After the meal, Jesus took the cup of wine. He thanked you, and gave it to them, saying: Drink this, all of you. This is my blood, the new promise of God's unfailing love. Do this to remember me.

Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore.

Together we declare the mystery of faith:

**Christ has died,  
Christ is risen,  
Christ will come again. (sung)**

Father, as we bring this bread and wine, and remember his death and resurrection, send your Holy Spirit, that we who share these gifts may be fed by Christ's body and his blood.

**Amen, Amen, Amen. (sung)**

**Holy, holy, holy Lord...**

The Sanctus reminds that our praise joins the angels' praise that is already happening. Not only that, its words magnificently stretch, in an echo of Isaiah 6 and Matthew 21, to hold both the power of the Holy, mysterious, unseen God and the earthy, full presence of the Son as he entered Jerusalem on a donkey.

The bread lifted up and broken is a visual reminder of Jesus' body lifted up on the cross and broken for us. In being broken, Jesus opened up a new life that we all share together, just as we share in this bread together. As the wine is lifted up, we are visually reminded of the blood shed that won for us the gift of a covenant life as God's children. Past and present and future come together in this shared meal.

Three simple phrases summarize the heart of our faith. These events reframe everything about who we are and the lives we've been given. Imagine yourself tucked in between 'Christ is risen' and 'Christ will come again'. We live in that space in-between, held firm in the promise of what has already happened and constantly reshaped towards what is yet to come.

Pour your Spirit on us that we may love one another, work for the healing of the earth, and share the good news of Jesus, as we wait for his coming in glory.

**Amen, Amen, Amen.** (sung)

For honour and praise belong to you, Father, with Jesus your Son, and the Holy Spirit: one God, for ever and ever.

**Amen, Amen, Amen.** (sung)

#### The Lord's Prayer

The Lord's Prayer is a gift from our Lord Jesus Christ. It frames our prayers in who the Father is and acknowledges what we actually need day to day (forgiveness, the capacity to forgive, nourishment, protection). It is a prayer that grounds us in the strength of God and in our own daily dependence on Him.

#### **THE LORD'S PRAYER**

And now, as our Saviour Christ has taught us we are bold to pray:

**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 those who trespass against us. And 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.**

#### **THE BREAKING OF THE BREAD**

"Whoever comes to me will never be hungry; whoever believes in me will never thirst."

**Open your mouth and taste, open your eyes and see how good God is. Blessed are you who run to him.**

The gifts of God for the people of God.

**Thanks be to God.**

In these words from John 6 and Psalm 34 we are reminded that God gives himself to us generously, lovingly and nourishingly. He feeds our hearts, spirits, minds and bodies with the food of His very presence. It is a glorious mystery!

## COMMUNION

*In 1 Corinthians 11 the apostle Paul reflects that we break bread to proclaim the death of Jesus until he comes again.*

*In the time of this pandemic it is imperative that we continue to proclaim the death and resurrection of Jesus as we await with hope his return to make everything new.*

*As Anglicans our theology is contained in the prayer book which affirms that our method of reception is by faith and with thanksgiving, and so in that way we can continue to receive the sacrament.*

*During this time when we are apart we will be lessening the frequency of our communion services to acknowledge the grief that we all experience in not being able to feast at the table together.*

### WORSHIP DURING COMMUNION (Instrumental - 9am /Song -10:45am)

#### PRAYERS AFTER COMMUNION **STAND**

Gracious God, in the liturgy we celebrate and are reminded of your love for us and for all people in the Gospel story of Your Son Jesus Christ. Grant that we may show forth your love in our lives, and know its fulfilment in your presence. We ask this in the name of Jesus Christ our Lord.

**Amen.**

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.**

#### Prayers After Communion

God gets the last word in our service. First, he blesses us, and then he sends us out into the world, to live a life that reflects his love, mercy and truth.

We have been given the rest and nourishment we need to sustain our own lives, and we have been given the gifts we need to go out and Serve our World in the name of Jesus.

The children have been learning this blessing as a reminder that no matter what is going on in our lives, God's power and work is deeper, stronger and can accomplish things beyond our imagining. This is true in our lives but also for the lives that preceded us and lives yet to come. May this encourage us all - young and old - for the week ahead.

### **The Blessing**

The sign of the cross – a practice that started in the early years of the church - is a way to physically mark the truth of the blessing of the Father, Son and Holy Spirit. In tracing the symbol of the cross from mind (forehead) to heart (chest) to body (left and right), we are reminded of the fact that the whole of our lives – mind, body, heart, spirit – are held within the saving work of the cross and the blessing of the triune God.

## **THE BLESSING**

The peace of God which passes 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 among you and remain with you always.

**Amen.**

## **ANNOUNCEMENTS**

### **CLOSING WORSHIP**

**STAND**

### **THE DISMISSAL**

Go in peace to love and serve the Lord.

**Thanks be to God.**



**NEXT SUNDAY, OCT 25, 2020**

9:00 am In Person Worship Service (Limited Capacity)

10:45 am Live Stream Worship Service

Reading: Ephesians 4:1-16, 1 Corinthians 12:14-21



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## GET IN TOUCH

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**LITTLE TRINITY**

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Little Trinity Church



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