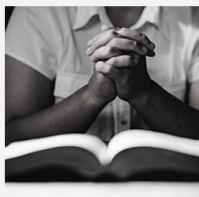




SINCE 1842



## LENT 2023



**Sunday, Mar 26, 2023**

Lent 5 | Worship & Communion BCP Service  
**9:00am & 10:45am**

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# 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 Common Prayer (BCP), which finds its roots in the original prayer book when the Anglican Church began in the 1500s. The BCP is basically scripture, re-ordered.

If this is new to you please join in only when you are comfortable. You'll get the hang of it after a few goes. Look out for **STAND** and **SIT** and **SIT/KNEEL** (whichever is your preference) instructions or just follow what your neighbour is doing (assuming they have been here before). In general, we stand to praise, sit to learn and sit/kneel to pray. **Bold** print directs you to join in unison.

### CHILDREN

Contact: Janelle Gordon 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 One Another

Why do we do this?

"Welcome one another as Christ has welcomed you, for the glory of God" (Romans 15:7) We come from delightfully diverse backgrounds yet Christ draws us together! Take a few moments to welcome those around you while we move up and in to make space for latecomers.

### 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.

### Confession & Absolution

Not forgetting our nature as fallen human beings: on one hand, we fall short of what we should do and who we should be, on the other hand, we are reminded that God is loving and merciful, we recognize that we are sinners and he reaches out to us nonetheless; we are assured that God has looked upon us with mercy and we have been forgiven of our sins. We say the confession together to illustrate we are all in need of God's mercy and forgiveness. Even if the person standing in front of you looks like they have it all together.

## WELCOME

## MUSICAL WORSHIP

## STAND

## LENTEN INVITATION AND CONFESSION

Dear friends in Christ, every year at the time of the Christian Passover we celebrate our redemption through the death and resurrection of our Lord Jesus Christ. Lent is a time to prepare for this celebration and to renew our life in Him. We continue in this holy season by remembering our need for repentance, and for the mercy and forgiveness proclaimed in the Gospel of Jesus Christ.

I invite you, therefore, in the name of the Lord, to observe a holy Lent by self-examination, penitence, prayer, fasting and almsgiving, and by reading and meditating on the word of God.

And so now let us bow before our Creator and Redeemer, and confess our sins.

**Almighty God, Father of our Lord Jesus Christ, maker of all things, 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.**

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. **Amen.**

## **THE COLLECT OF THE DAY**

***SIT/KNEEL***

**Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.**

## **THE PROCLAMATION OF THE WORD**

### **LESSON**

**Isaiah 58:1-12**

***SIT***

9am - Peter Oulton

10:45am - Murray Thomson

<sup>1</sup> “Cry aloud; do not hold back;  
lift up your voice like a trumpet;  
declare to my people their transgression,  
to the house of Jacob their sins.

<sup>2</sup> Yet they seek me daily  
and delight to know my ways,

### **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

as if they were a nation that did righteousness  
and did not forsake the judgement of their  
God;

they ask of me righteous judgements;  
they delight to draw near to God.

<sup>3</sup> ‘Why have we fasted, and you see it not?  
Why have we humbled ourselves, and you  
take no knowledge of it?’

Behold, in the day of your fast you seek your own  
pleasure,  
and oppress all your workers.

<sup>4</sup> Behold, you fast only to quarrel and to fight  
and to hit with a wicked fist.

Fasting like yours this day  
will not make your voice to be heard on high.

<sup>5</sup> Is such the fast that I choose,  
a day for a person to humble oneself?

Is it to bow down the head like a reed,  
and to lie in sackcloth and ashes?

Will you call this a fast,  
and a day acceptable to the Lord?

<sup>6</sup> “Is not this the fast that I choose:  
to loose the bonds of wickedness,  
to undo the straps of the yoke,

to let the oppressed go free,  
and to break every yoke?

<sup>7</sup> Is it not to share your bread with the hungry  
and bring the homeless poor into your house;  
when you see the naked, to cover them,  
and not to hide yourself from your own  
flesh?

<sup>8</sup> Then shall your light break forth like the dawn,  
and your healing shall spring up speedily;  
your righteousness shall go before you;  
the glory of the Lord shall be your rear guard.  
<sup>9</sup> Then you shall call, and the Lord will answer;  
you shall cry, and he will say, 'Here I am.'  
If you take away the yoke from your midst,  
the pointing of the finger, and speaking wickedness,  
<sup>10</sup> if you pour yourself out for the hungry  
and satisfy the desire of the afflicted,  
then shall your light rise in the darkness  
and your gloom be as the noonday.  
<sup>11</sup> And the Lord will guide you continually  
and satisfy your desire in scorched places  
and make your bones strong;  
and you shall be like a watered garden,  
like a spring of water,  
whose waters do not fail.  
<sup>12</sup> And your ancient ruins shall be rebuilt;  
you shall raise up the foundations of many generations;  
you shall be called the repairer of the breach,  
the restorer of streets to dwell in."

The Word of the Lord

**Thanks be to God.**

## RESPONSIVE PSALM

## Psalm 63:1-8

Leader: <sup>1</sup> O God, you are my God; earnestly I seek you;

**All: my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no water.**

Leader: <sup>2</sup> So I have looked upon you in the  
sanctuary,

**All: beholding your power and glory.**

Leader: <sup>3</sup> Because your steadfast love is better  
than life,

**All: my lips will praise you.**

Leader: <sup>4</sup> So I will bless you as long as I live;

**All: in your name I will lift up my hands.**

Leader: <sup>5</sup> My soul will be satisfied as with fat and  
rich food,

**All: and my mouth will praise you with  
joyful lips,**

Leader: <sup>6</sup> when I remember you upon my bed,

**All: and meditate on you in the watches  
of the night;**

Leader: <sup>7</sup> for you have been my help,

**All: and in the shadow of your wings I  
will sing for joy.**

Leader: <sup>8</sup> My soul clings to you;

**All: your right hand upholds me.**

The Word of the Lord

**Thanks be to God.**

#### The Gospel

The Gospel is God's word that speaks to us of what God has done in Jesus Christ. The Gospel demands that we act and standing up is a way to recognize that we are ready not just to hear but live as well.

#### **GOSPEL**

**Matthew 6:16-18**

**STAND**

The Lord be with you.

**And with thy spirit.**

The Holy Gospel according to Saint Matthew in the sixth chapter, beginning at the sixteenth verse.

**Glory be to thee, O Christ.**

<sup>16</sup> [Jesus said] “And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.

<sup>17</sup> But when you fast, anoint your head and wash your face, <sup>18</sup> that your fasting may not be seen



by others but by your Father who is in secret.  
And your Father who sees in secret will reward you.”

The Gospel of Christ  
**Praise be to thee, O Christ.**

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

“Expressing our Deep Hunger”

The Rev. Timothy Haughton

*Sermon Series: Sermon on the Mount - Living in Step with the Kingdom*

***Silent reflection***

**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.

## **PRAYERS OF THE PEOPLE**

**SIT/KNEEL**

Lord, in your mercy,

**Hear our prayer.**

## **WEEKLY CYCLE OF PRAYER**

### **MINISTRIES OF THE WIDER CHURCH**

WORLDWIDE: The Church in South America

DIOCESE: St. Andrew, Scarborough, St. Anne, Toronto &  
St. Athanasius, Orillia

CLERICUS: St. Andrew by the Lake

### **NEIGHBOURHOOD**

Those living and working on Ontario Street & Berkeley Street

### **LITTLE TRINITY COMMUNITY AND LEADERS**

Deputy People's Warden/Treasurer - Ruston Martin

### **PARISH**

Mark & Heather Flowers, Brendan, Eric, Kyle & Hannah; John & Marion Franklin; Sean Frankling; Sherri Frankling; Chris & Louise Friesen, Silas, Junia & Caspian

### **MISSION PARTNERS**

Drs Philip & Nancy Wood (WEC) Bunia, DR Congo

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). Together we pray for our church, our city and our world.

## **OFFERTORY WORSHIP**

### **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, you can scan the QR code attached to a pew for options or visit our website at [littletrinity.org/give](http://littletrinity.org/give).*

*If you wish to give in person, please deposit your offering in the offering boxes in the church sanctuary.*

## 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.**

### **The Doxology**

These words, penned in 1674 by Thomas Ken, anchor us in the reality that our only proper response to God is worship and praise.

## COMMUNION

Hear what comfortable words our Saviour Christ saith unto all that truly turn to him. Come unto me all that labour and are heavy laden, and I will refresh you.  
*(Matthew 11:28)*

God so loved the world, that he gave his only begotten Son, to the end that all that believe in him should not perish, but have eternal life.  
*(John 3:16)*

Hear also what Saint Paul saith. This is a true saying and worthy of all to be received, that Christ Jesus came into the world to save sinners.  
*(1 Tim. 1:15)*

Hear also what Saint John saith. If anyone sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins.  
*(1 John 2:1-2)*

### **The Comfortable Words**

The comfortable words, simply sentences from scripture, remind us that we cannot earn grace, we can only receive it through the work of Jesus on the cross.

### **Eucharistic Prayer**

Modeled after Jewish table prayers of blessing, the Eucharistic Prayer explores and explains something of the wonder of Jesus' death for us, as Paul wrote: "as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes."

The prayer contains the words Jesus used during the Last Supper. As we hear these words and go forward together, we feed on him, in our hearts, by faith, with thanksgiving.

The table is prepared while the prayer is spoken, much as we prepare ourselves to receive the Eucharist.

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

The Sanctus (*Holy, holy, holy Lord*) names that which is sacred, holy, hallowed, consecrated and inviolable: "Lord, God of power and Might".

## **EUCCHARISTIC PRAYER**

The Lord be with you.

**And with thy spirit.**

Lift up your hearts.

**We lift them up unto the Lord.**

Let us give thanks unto our Lord God;

**It is meet and right so to do.**

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.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee and singing:

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

**Blessed is he who comes in the name of the  
Lord. Hosanna in the highest.**

Almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ 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 memory 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 Testament, 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.

**Amen.**

The peace of the Lord be always with you;

**And with thy spirit.**

**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 our sinful bodies may be made clean by his Body, and our souls washed through his most precious Blood, and that we may evermore dwell in him, and he in us.**  
**Amen.**

**The Prayer of Humble Access**

Before receiving communion, we remind ourselves of the true nature of God that though we have done nothing worthy of being received at the communion rail, we are welcome to receive his body and blood. This prayer reminds us how to receive this gift: in humility. The language of the prayer is taken from the Canaanite woman's humble approach to Jesus in Mark 7.

**COMMUNION**

*All those who have placed their trust in Jesus as Saviour and Lord, being baptized in any Christian denomination, are welcome to the Lord's table. Gluten-free wafers are available upon request from the communion administrant.*

## MUSICAL WORSHIP

### The Lord's Prayer

the Lord's Prayer is the prayer instituted by Jesus himself (Matthew 6; Luke 11). This prayer has been handed down from generation to generation, teaching us to pray

### 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 LORD'S PRAYER

### STAND

Let us 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.**

### PRAYERS AFTER COMMUNION

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 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.**

## CLOSING WORSHIP

***STAND***

## THE DISMISSAL

Go in peace to love and serve the Lord.  
**Thanks be to God.**



**NEXT SUNDAY, APR 2, 2023**

**9am & 10:45am - Palm Sunday** - BAS Communion Service  
(with concurrent Nursery, Children & Youth Ministries)

**6:30pm - Palm Sunday** - Taize Service

Reading: Matthew 21:1-11

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**GET IN TOUCH**

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**LITTLE TRINITY**

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